

# The CHOICE Connection

Positive strategies. Practical solutions.

constructive  
**CHOICES**  
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Volume

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## Patterns of Success - Our Focus This Quarter

We truly are unique human beings. Each of us has a special way of showing up to be our best every day. For the next three months we will explore and discover our individual and unique success patterns. These patterns work for us and us alone. Why is this important? Consider ... if we knew our pattern,

## Quotable Quotes

*"I believe that being successful means having a balance of success stories across the many areas of your life. You can't truly be considered successful in your business life if your home life is in shambles." ~ Zig Ziglar*

*"There are no secrets to success. It is the result of preparation, hard work, and learning from failure." ~ Colin Powell*

*"Hang on the walls of your mind the memory of your successes. Take counsel of your strength, not your weakness. Think of the good jobs you have done. For whenever excellence is recounted, it is increased." ~ Sterling W. Sill*

Dear Jean,

## Patterns of Success - Introduction

In 2007, I shared some thoughts on personal success with my readers. As we transition from our last three months reflection on personal success and move to discussing your patterns of success, here are a few thoughts from the *Constructive Choices Newsletter Archives* - July 2007.

*"What is it that makes our definition of success so personal? I have observed and believe that it comes from our desire to live up to our own expectations and not those of others; we choose to set a criteria or standards for how we are in our world, and hopefully set the accompanying goals and desires to be within our reach.*

*If you agree with the notion that your definition of success is a personal choice, then I might ask you... will you really know*



then maybe we have an answer or two on how to manage the difficult challenges and enticing opportunities we face each and every day.

### Patterns - How To Get Started ...

1. Choose 3 events in your life that exhibit a success in your life - personal or professional.
2. Tell your 3 stories (or consider typing 1 story each day for 3 days and save on your computer).
3. Detail how your success began - what did you think, how did it begin? Then how did your success end - what does your successful endings look like?
4. Identify all the actions you took from the start to the end. Somewhere between 8 and 12 steps. What did you do? How did you do it? Why did you do it the way you did?
5. Now review the success stories side by side - compare your steps ... what steps are repeated from story to story? Unravel the unique

*when you have achieved a success? Have you set your standards or criteria to be realistic? Have you allowed yourself to celebrate and acknowledge the small and maybe infrequent wins along the way? I was reminded by my coach the other night that at the start of 2007, I very thoughtfully created an intention to prepare, focus, plan, pray, and continue to move forward at a steady pace.*

*I remember telling her that something was changing - and I had to prepare for whatever it might be. And now, this month, it appears that events, very much opportunities, are being drawn into my life's plan. I never planned specifically for all that is happening and what truly speaks to a success in my life's work. I have found myself to be ready, prepared, living in a mode of patient persistence, and watching an alignment so that all will flow as it needs to. A success - maybe more than one - absolutely! And these will continue to be defined and refined in the weeks to come.*

*As some might believe, if success is getting what you want, and happiness is wanting what you have, ... then have you achieved the joyful blending of the two? And is there something beyond success? Yes, I do believe there is - a desire to have success with fulfillment. For me, this is the more important definition I can share with all of you about success ... it is that I have the time and the resources for a personal choice to give back to people and institutions that fostered my life of preparation, purpose, prayer, a positive "Can do" attitude, and a pace that marries patience and persistence."*

Since 2007, I could fill out more than one page of the personal successes I have realized. More importantly, within the last 6 months and with the support of another coach, I have defined my pattern of success. This methodology was developed by Dr. Jerry L. Fletcher, as a result of his doctoral dissertation, and is offered in his book, "Patterns of High Performance." I discovered his book at my annual professional conference many years ago and have since used it as a tool when working with some of my clients.

How do you do this?

Identify three times when you have achieved significant success in your life. And, while it may not be considered a success to others, it is important that it is a "success" for you. Tell the stories (or sit down to your computer) and relate how you started down the path to success for this event - all that you did to get started, what actions you took and how you closed it out. While it is not optimal to write it out and reflect on this alone, you can write it and share it with another to have them help you discover what you repeat as actions (your pattern) in each success. What you will find with another's objective perspective is that you begin a successful venture the same way each time and you end

pattern of success  
that is your very own!

My appreciation and sincere thanks to Dr. Jerry L. Fletcher, author of "Patterns of High Performance" and his work to acknowledge the unique value we bring to the world when we are at our best.(1993)

it the same. From beginning to end there may be some 8-15 things you do and repeated in each of your successes. These actions or activities may or may not be sequential ... AND ... they must occur for success to occur.

So ... welcome to your path forward to actually identify what your pattern is. We will look at a few more resources next month and as we wrap up this theme in June, I will share what I have discovered as my pattern. Enjoy your revelations to come!

Wishing you joy in the exploration of your pattern,

Jean

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## **CHOOSE to...**

... discover your unique pattern of success ... know how you begin ... know how you end ... compare the repeated steps ... identify your pattern ... ask for another's hear your stories and provide an objective view of your pattern ... capture what they see and hear to distinguish the steps of your pattern.

## Administrivia

My Constructive Choices Audience...

\* Professionals wanting to be at choice in their career and daily work,

\* New Managers (and aspiring leaders) transitioning to establish a leadership role in their

communities,

\* Individuals wanting to sort through the choices, build a more fulfilling life, lift their voices, and...

\* Coaches who choose to step out, show up, and say - *YES, it IS all about YOU!*

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