

The CHOICE Connection

Positive strategies. Practical solutions.

constructive
CHOICES
Jean Strosinski, PhD, PCC, CPT



March 2012 "Personal Success"
Issue 3

Volume 6,

In This Issue

QUOTABLE QUOTES

Personal Success - A Focus

Tools and Resources - A Sample

A Reflection - Your Personal Success

CHOOSE TO...

Personal Success - A Focus

Personal Success - You believe...you succeed.

Your personal success is your gift to the world and a light along another's path to experience their own personal success.

Yes, **EVERYTHING**

Quotable Quotes

"Perseverance is a great element of success. If you knock long enough and loud enough at the gate, you are sure to wake somebody up." ~ Henry Wadsworth Longfellow

"If you would be successful, first you must walk hand-in-hand and side-by-side with successful people." ~ Nido Quebein

"Success is liking yourself, liking what you do, and liking how you do it." - Maya Angelou

"Success is where preparation and opportunity meet." ~ Bobby Unser

Dear Jean,

A Reflection ~ Your Personal Success

In the last few months, I have taken a few minutes to remember and reflect on the gifts of wisdom and beliefs of "I CAN" and "Be Prepared", from my father and my husband, respectively. It is only fitting to complete this topic and in this last month with a shared gift of wisdom from my mother. My mother passed away in 2005 and there isn't a day that doesn't go by that I don't want to pick up the phone and speak with her. I still want that ongoing conversation with her about my discoveries and challenge her wisdom - really!



My mother was not a fan of the "I told you so" phrase. Instead, I was consistently told, "Everything happens for a reason and it may be, that you will never know what the reason is." While I am a patient person, this phrase didn't encourage immediate answers - the answers I

happens for a reason ... and Yes, You Can.

Next Quarter ... digging a little deeper into your own patterns of success.

Tools and Resources - A Sample

What Got You Here Won't Get You There. How Successful People Become Even More Successful by Marshall Goldsmith

Hardwiring Excellence: Purpose, Worthwhile Work, Making a Difference by Quint Studer

Quick Links

[Newsletter Archives](#)
[Constructive Choices](#)
[Web Site](#)
[About Jean](#)
[The Choice Store](#)
[Articles & Workshops](#)
[Complimentary Coaching Intro](#)

[Contact Jean](#)

am usually most patient waiting for. The frustration at not knowing the 'why' something happened or the push to have me move forward without a solid reason often stopped me cold in my tracks. I have come to realize that my mother repeated this phrase when she believed I couldn't make a decision or move into action. When I was so determined to figure out the 'why,' Mom would calmly remind me that everything (**everything!**) happens for a reason ... and it was time for me to "get on with living" and let go of the "why" I patiently waiting to understand.

There is no doubt that others (as my mother often did) sometimes see me as being too accepting, patient beyond caring and to a point of distraction or disengagement, frozen in inactivity ... These perceptions (and there are many others) don't ring quite true for me. My mother's label for that my indecisiveness or inactivity was 'procrastination.' (... that is another story for another time).

I do know the belief that 'everything happens for a reason' has significantly contributed to who I am and how I have found personal success in my life. Through the years I have used my mother's gift to strengthen my patience and endurance ... in actuality ... strengthen my ability to move forward into unknown and uncharted territories. It is a bit scary at times dealing with the unknowns and moving forward into an action and never knowing the why of an event. It has encouraged me to have faith and trust in myself and relies on my belief that if I have done all that I can today, then I am well equipped to take on tomorrow.

My mother's bit of wisdom - *'Everything happens for a reason ... and you may never know why'* could have been reworded to, "Whether you understand what is going on around you, commit to what you know, and live your life as you believe." I have been reminded many times over the last few weeks that many of us say we are clear about our beliefs - we really are. And yet, when we are confronted with something we don't understand, we will spend a bit too much time trying to convince ourselves of what we believe and already know about ourselves to be true.

Think and reflect on the following ...

1. Name a moment/event in your life that you would claim as a personal success.
2. What did you say "I CAN" to ... to achieve this success?
3. How did you prepare for the event, the moment, the outcome?
4. What beliefs do you own that contributed to your personal success?
5. What are you trying to convince yourself of now?
6. What belief do you have that you are trying to convince yourself is real?
7. What has happened that you are trying to understand now and now realize that you may never know the 'Why'?
8. What did you learn from your personal success (refer to #1) that you need to believe again ... or convince yourself that

**"If you think you
can
or you think you
can't, chances are
you're right."**

Henry Ford

Join Our Mailing List!

Sign up for The
Choice Connection
Today!

it is true for you?

You are already successful ... may your beliefs continue to shine and convince yourself of what you already know to be true.

Jean



CHOOSE to...

... believe in you...say "I CAN" rather than "I Can't"...figure it out...stand true and stand tall...believe in the dream of tomorrows...and in strength you have today...persist...live your goals as a gift to others.

...dream of more...picture these dreams as real...infuse your dreams with your passion and enthusiasm...believe in only doing your best and always doing your best...never, ever give up...learn the lessons every day...share your standards of excellence...always, always...be your

self and be true to your self.

...remind yourself of one personal success...learn its truth...believe that it happened for a reason...then...identify one belief you have about you...move into action without knowing the why...share your new success and your wisdom with another.