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**Quotable Quotes**

"When you're inspired, your work can be inspirational to others. Being in the zone taps into your most natural self and when you're in that place you can contribute at a much higher level." ~ Ken Robinson

"My voice is my gift. It's pointless if I'm not going to say anything. It's madly important. I can see in society now how important it is. I definitely know what I can contribute." ~ Black Ice

"The desires of your heart are sacred." ~ a journal entry

Dear Jean,

One of the greatest joys of my profession is the opportunity to meet some simply amazing and inspiring coaches who share their gifts passionately with our world. This month, I have the greatest delight in introducing you to another magical coach, Teri Johnson. Teri currently hails from the northwest and after years of speaking with her a few times a month we met for the first time in person this past June. Teri is one of those persons who touches your soul and your heart the minute you meet her. A few of her talents she tends to lovingly are that she writes profoundly, decorates her life and the life of friends, walks daily, thinks deeply, shares her insights and wisdom and cares passionately for those in her world. Teri offers an abundance of joy for life and continues to enrich my life with the most delightful perspectives - an ability to see and live more fully every day in our world. Her greatest gifts of creativity and inspiration are wrapped in an exceptional package of fun. Her smiles - you will see them in her eyes or at the corners of her mouth or shining from her heart. And I know you will be smiling by the time you read the wisdom she has to share. Enjoy!

Our featured writer this month is Teri Johnson, Teri is a business and executive coach who helps people develop more fully their innate wisdom, gifts and strengths. Some of the groups she works with are entrepreneurs in a growth mode, emerging leaders who want to inspire their team to their full potential, and newly formed teams who want to bond quickly and bring out the best in each other. Learn more at [www.mypersonalbest.biz](http://www.mypersonalbest.biz).

Thank you, Teri!

In the spirit of sharing our gifts,  
Jean

## **Tend Your Talents Lovingly** by Teri Johnson

How lovely and valuable it would be if we were taught as youngsters to own our gifts and talents and nurture them along as one would encourage a beloved garden to grow. Most of us were not encouraged along these lines, but rather warned to prepare for the "real world," a place made to sound demanding, tough, and not exactly friendly to concepts like authentic creative expression.

As long as we are here, however, there is still time and much to be harvested from this effort, not the least of which is a more joyful and rich experience for the creators, (which we all are) and those who will benefit from their creations.

Consider the possibility that each of us has a number of undeveloped abilities that may yet be tapped. How does a person go about finding those? Pay attention to the signals your body gives you when you are deeply touched, inspired, joyful or in awe. Here are a few clues-you might:

- Tear up
- Get chill bumps
- Feel a lump in your throat
- Have a burst of energy
- Feel intense curiosity
- Notice time passing unusually quickly

Your talents and gifts are often at an intersection where natural ability meets passionate interest. Some of us have a single area where this is true, others may have more than one. Often we are not encouraged to nourish these gifts because they are seen as frivolous by well-meaning caregivers and teachers. Since the industrial revolution, there has been a bias toward mechanistic thinking about how people contribute and individual talents were squelched in favor of fitting in to a well-defined slot.

## **Tools and Resources**

### **FROM THE BOOKSHELF**

[Finding Your Element: How to Discover Your Talents and Passions and Transform Your Life](#) by Ken Robinson



Robinson is an amazing storyteller and educator who weaves anecdotes on successful celebrities with history and education in a way that fascinates. In this volume, he also provides practical tools for the reader to use in bringing forth their best and most satisfying abilities.

[Finding Your Way in a Wild New World: Reclaim Your True Nature to Create the Life You Want](#) by Martha Beck

Martha takes the reader on an adventure beginning in Africa, as she recalls a moment feeling fully alive and happy, although a little frightened, on a trek where a rhino is preparing to charge. She provides illustrations from her own life, encourages deep reflection and some downright fun exercises designed to get us thinking in our right minds.

## THE INTERNET CONNECTIONS

[Six Thinking Hats technique](#) (from [www.mindtools.com](http://www.mindtools.com)) - This site explains a process for looking at a decision from 6 distinctly different points of view to give you a full, in-the-round perspective you might not get to any other way. There are also other creativity tools accessible from here.

## Reflection

*Provide a nurturing environment* - Just as plants thrive in some environments or shrivel and die in others, your gifts (and you) will more readily thrive when given ample attention. Set aside regular time to play in the area that you want to develop. Consider this an investment in your wellness and deeply important.

Be willing to produce less-than-stellar results. Everyone does. In art school, we were encouraged to make 100 bad paintings to have them out of the way so the better ones could emerge. This was the most valuable lesson I learned there. It was tremendously freeing.

Be gentle with your budding gifts the way you would be with anyone trying something new. If you haven't played a guitar since junior high, your ability is still a 14 year old. Treat it kindly.

In the world we are all now navigating, the ability to think creatively and adapt quickly to new emerging ideas is highly sought after and will become more so as we continue to evolve. By being more of the naturally curious, creative and adaptive being you are, you increase your value in whatever circles you make your contributions.

## Choose To

Consider what would be a delight to your creative side ... Where would you like to play? ... Are you willing to stretch in a new area just for the joy it brings? ... Choose one activity based solely on the delight it would give you... carve out an hour or two in this month to allow yourself to play ...discover how your inner kid will love you for it ... allow your body to reap the benefits of natural mood-elevating chemicals ... experience your stress level going down ... and most importantly ... have fun ... Yes, YOU can want more of that!



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

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<http://constructivechoices.com>

Phone: [505-286-4079](tel:505-286-4079)

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