

# The CHOICE Connection

Positive strategies. Practical solutions.



constructive  
**CHOICE**  
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## Quotable Quotes

*"Then one of us suddenly becomes something overnight. The preparations have been in the making for a lifetime." ~ Gail Godwin*

*"We grow neither better nor worse as we get old, but more like ourselves." ~ Mary Lamberton Becker*

*"You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of." ~ Jim Rohn*

*"Spring passes and one remembers one's innocence. Summer passes and one remembers one's exuberance. Autumn passes and one remembers one's reverence. Winter passes and one remembers one's perseverance." ~ Yoko Ono*

Dear Jean,

This month I am taking a short break from writing something new. I began to remember a season in my life when leadership wasn't a focus for me. At that time I thought I might aspire to be a leader some day - it just wasn't my life goal at the time. I was telling my coach this last month that I often think of August as the end of the year and that September is my new beginning. When I was a teacher, September really did represent the new - a new class, new little persons to educate, new responsibilities, new growth and often a "new" (or at least changed) me.

I invite you to now stretch and take on a mantle of leadership. You have been reading about so

many different aspects of leadership these past seven months. And if you don't consider this now, then when? Consider August as the month to prepare and when you step into a new role. You truly don't have to wait until January 2016! And if you are already in a leadership role, then think on what you will begin to do differently and how you will impact the lives of those around you. You have more knowledge about leadership than you had before and you have more resources. You also have had a bit more time to reflect on yourself as a Leader. Enjoy the season - make it your own.

With Joy,  
Jean

### **A Season Remembered!** *(reprint from August 2010) by Jean Strosinski*

I can tell it is the month of August because this is the season of sunflowers! I have discovered in New Mexico that sunflowers are abundant along the roadways and show up in places where the earth has been disturbed the year before. They flourish in some of the least expected places - sometimes as a single stalk and at other times as if there is a runner buried just below the earth's surface to hold a line of them together.



There is simplicity with what appears to me to be a natural ease in the sunflower's being. It is their season and they shine in the glory of it. It is a symbol of summer's end and a prelude to what nature will reveal in more glorious color in the fall.

At the beginning of this discussion of seasons, I spoke to harvesting what we can from each of the seasons of our lives.

Would you be able to tell another what you have harvested in the decades of your life? I do believe there are few times that we can share our life's lessons and have them easily embraced by another. It seems we have to experience it ourselves. We just have to find out - will it be the same for us if we do it like they did or couldn't we even do it a bit differently and get a different result? There are those times when I would have loved to share someone else the frustration, the pain, the confusion ... because, hey, that happened to me.

I finally get that I am harvesting all that I have planted and tended over the years - the growth in relationships, knowledge and my life's chosen work. I am often surprised at the events that are in the making and how I am drawn into them. And then I have to consider that I have also paid close attention to taking care of each day of my life. Yes, I have certainly made some mistakes and, yet, there are few times in my life that I would ask for a "do over."

While it isn't an easy concept to get one's mind around, I have always believed that I am capable of taking care of today because of all that I managed and took care of yesterday - the past. And because I continue to tend to all that needs tending today, then I am also taking care of my tomorrows. This belief for me, a letting happen what must and managing it well keeps each and every day real and keeps me in the flow of the seasons - whether in nature or in my life.

I don't mean to imply that the tending, growing, learning, and relating are all easy - they all come

with their own set of challenges and opportunities. It does seem though that living in the autumn of my life, there have been enough years of planting and harvesting that I may actually have a few pieces of wisdom to help me manage the ongoing life events of today and prepare for those that are intomorrow's plans.

I invite each of you to consider the season of life that you are claiming today. What are the characteristics that make it so? When you transition to the next season of your life, what will you want to remember? What have you gained that will continue to enrich your life? What have you yet to do in this season?

And in those moments of wanting to share ... I am working on become quieter. My experiences will never be another's. My seasons of life cannot be mimicked. All my seasons and especially this one are mine until I choose to share - each season has a different color ... a different sound ... a different feel ... a different touch. This season is colored Gold; I hear Bach; I feel the warmth of the air and a slight breeze that moves my hair; and has the touch of a leaf with a smooth undercoat. It could be the sunflower ... and the words for my season today are ... Look Up.

## Tools and Resources

### FROM THE BOOKSHELF

[The Seasons of Life](#) ~ Jim Rohn & Ronald L. Reynolds

[The Seasons of a Man's Life](#) ~ Donald J. Levinson

[Seasons of Life: A Poetic Anthology \(Literary Classics\)](#) ~ Nigel Collins, Jim Herrick & John Pearce

[Washoe Seasons of Life: A Native American Story](#) ~ Karen Wallis, Diane Domiteaux, & Lea Saling

[Guidelines for Finding Your Way: Encouragement for the Seasons of Life](#) ~ Harold J. Sala

### THE INTERNET CONNECTIONS

[Your Top Ten Tips for a Greener, Happier Life](#)

[John Kotre & Elizabeth Hall - Seasons of Life](#)

[Living in Season - a calendar of seasons](#)

## Reflection

I invite you to take a few minutes to consider this season of your life - the season of leadership.

- *Give your season of leadership a name ....*
- *What color is it?*
- *What sounds do you associate with it?*
- *What music do you hear?*
- *What texture does it have?*
- *Is there a taste you associate with the season?*
- *Is there a word or two that reflects the beauty of your season?*

I now invite you to share the experience and the lessons of your season when you are ready to

share it - only to share and not to teach.

Wishing you seasons of life's lessons which engage your life's JOY!

## Choose To

... Step outside, take note of the season ... breathe deeply ... smell, hear, see, feel and taste the rhythm that surrounds you ... the energy that can infuse you ... and now carry it back inside.



... Live in each season as it passes, breathe the air, drink the drink, taste the fruit and resign yourself to the influences of each ... Some men think they are not well in spring or summer, or autumn, or winter; it is only because they are not well in them. (Henry David Thoreau's journal, 1853)

...Rest, sit, meander, ponder, and reflect on this season of your life ... decide if this season is a peak or a valley ... what will it take to put the next step forward? Know that beyond each hill is another view and there are many views in just this one season. Live it fully!

## August Joyful Observances

[Happiness Happens Month](#)

What Will Be Your Legacy Month

[National Panini Month](#)

International Clown Week (August 1-7)

National Bargain Hunting Week (August 3-8)

National Massage Therapy Week (August 19-23)

Be Kind to Humankind Week (August 25-31)

Sandcastle Day (August 1)

Tomboy Tools Day (August 7)

[Worldwide Art Day](#) (August 14)

Race Your Mouse Around the Icons Day (August 28)

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

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