

constructive CHOICES

The Choice Connection

Dear Jean,

Choose To Be Prepared

Choose to... acknowledge what you already have in place.

Choose to... take care of today well.

Choose to... be at peace with what will come tomorrow.

Keep your lists - written or mental, be true to you, and be truthful about what you want to do and can do

Choose to keeping today - your day - as full as you like and real!

In This Issue

- Jean's Latest Choices
- BEING PREPARED; Yesterday... Moving into Today... Looking to Tomorrow
- Quotable Quotes
- Reading Choices - Amazon recommends...
- Administrivia

BEING PREPARED; Yesterday... Moving into Today... Looking to Tomorrow

I know that in about an hour and a half I will be leaving for the airport. Admittedly, there is a tug - a rather strong one to get me up and out of this chair and leave the computer. However, I must be doing battle with myself, because I am a bit peacefully typing and mindfully telling myself that I have time. And I do. I have been preparing for this day for over a week or so.



I don't have to leave the house until 1 pm. I chose to set aside an hour from noon to 1 to finish the packing. No, it isn't complete yet, but I have started - I have thought through what I need, and know how I need to make sure I remember everything. And, more importantly, I feel prepared and ready for what's next.

Could I be doing more? Less? Possibly, but this pattern of preparation works well for me. I always have a list that tends to keep my days full. And I actually prefer full days. For me, this keeps my energy high and supports my being focused through the day. And then, the evenings are

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Jean's Latest Choices



* Being prepared... keeping the lists... balancing the work with what I'd love to do in the moment

* More self-care... continued physical therapy

* Painting supplies at the ready

* A stack of books on the nightstand

* Asking for help with a project

* Choosing a focus on financial funding in a fun way.

Quick Links...

[Constructive Choices Web Site](#)

[More About Jean &
Constructive Choices](#)

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3. "[StrengthsFinder 2.0: A New and Upgraded Edition of the Online Test from Gallup's Now, Discover Your Strengths](#) - Tom Rath - the updated version of the Strengthsfinder version 1.0 as presented in *Now, Discover Your Strengths*

4. "[The Courage To Be Rich - Creating A Life Of Material And Spiritual Abundance](#) - Suze Orman

April Celebrations - Being Prepared:

Cancer Control Month, Couple Appreciation Month, Holy Humor Month, Injury Prevention Month, Month of the Military Child, National Knuckles Down Month, National Prepare Your Home to be Sold Month, Stress Awareness Month, National Volunteer Week (15-21), National Dance Week (20-29), Innovation Week (22- 28), National Park Week (22-28), No Housework Day (7), Walk on Your Wild Side Day (12), Husband Appreciation Day (15), Red Hat Society Day (25).

For fun and the longer list, check out "[Brownielocks & The Three Bears](#)"

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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