

# constructive CHOICES

## The Choice Connection

Constructive Choices, Inc.

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~ CHANGE... THE ONE CONSTANT WE CREATE ~

Greetings!

*CHOOSE TO... Change... And Create*

CHOOSE to be constant... to learn each day

CHOOSE to ... feel your momentum... set your pace

CHOOSE to ... relish the energy you create

CHOOSE to ... know that you create change in every day that you live

CHOOSE to ... create your world and give away your smiles in the force of change

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### CHANGE... The One Constant We Create



There are a few quotes that come across my desk repeatedly. The first quote in this month's newsletter by Gandhi is one of these. I have seen it cross my desk more in the last few months than others and it spoke to this month's topic for my share with you all.

'Change' - now here is a word that I find people either love or ... are very, very uncomfortable with. I've had a few clients over the years who have loved change. They believe it offers the new, the different, the improved and fosters a surge in their energy. They believe it gives them a momentum that keeps their pace light and their hearts young. And, on the other hand, I have also known as many folks who are rather unsettled by change and, admittedly,

### Jean's Latest Choices



- Teaching a summer class... stretching my learning.
- Family vacation amidst the work schedules.
- Forgiving myself for a lost study and writing schedule.
- Creating a new study schedule.
- Letting go of work for a few days.
- Redesign of the CCI website - small and significant changes over many many months.

### Quick Links...

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don't care to embrace it. For them, change tends to disrupt the flow in their energy, it interrupts their pace and at times can even bring their energy to an all-time low.

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I am probably one of those in the middle of love-hate change arena. I am OK with change if a desired outcome requires it. I am also OK with changes in my scenery or having a new flow in my routine to prevent the doldrums or a quality of staleness. I am even OK, sometimes hesitantly, with trying on a new way of doing something when the previous process isn't effective and no longer seems to be working. I just have to get use to the idea and explore more than one possibility. I am just NOT OK with change when the answer is 'Just because ... or ... it was time...'

Do you know what your preference is? Do you LOVE change? Or do you rebel against it? Or are you just somewhere in the middle of it all?

Lately, I have given a bit of thought to how change has become more of a constant in my life. What is becoming more noticeable to me is that I am actually the most persistent force of change in my world. Each day brings new learning - a word or phrase I have never heard, time to perform a task I have never attempted before, a chance and even a choice to do something different or do some of the same in a different way. Whether I like it or not, each day I awaken a changed person - I am a little different than I was the day before. It is what happens to all of us, I think - each day we have a bit more knowledge than the day before and now given a new opportunity to use that extra knowledge and wisdom to make our world a better place.

Imagine every human being in our world creating a small change each new day because of the knowledge they gained just the day before. The world couldn't help but feel that persistent force of change. The real question here is whether you will accept the persistent evolution that comes with change and choose to help create change in a more positive way... or will you resist its momentum? If you do choose to accept or even consider the change as a constant in our lives, then what could be different in each of your days? Is there a positive energy you can put into play - a way to make even the littlest change you create one that makes your own life more enriched?

Lately, I have had a longing for being in a simpler time in my life. And I also know that if I want that - a world that is a bit less complex, then I am required to create some changes in my life. This becomes a personal choice to take one different step each day, to take what I learned yesterday and the days before and create the less complex. I would like to think I am a bit wiser than last year and with that said, that I also know what some of those steps might be to create and then lead a simpler life. What I do know, it isn't just about learning to say the word, 'No' a few more times in each day. It is, rather, living a bit more easily with the notion of constant change and learning to say 'Yes' when I have the opportunity to create the change I want to be and have in my world.

My wish for you, my readers is that you discover the change that is constant in your life and what allows you to create what your heart so desires.

### Quotable Quotes

"Be the Change you wish to see in the world." - Ghandi'

*Quotations*

"I have learned that people change when they want to and not a moment sooner."

- From Simply Brilliant by Thomas Leonard

"Change is inevitable; growth is optional."

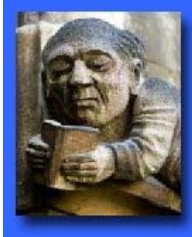
- from the "The Mind of Healing" by Joan Halifax

"The first step toward change is acceptance. Once you accept yourself, you open the door to change. That's all you have to do. Change is not something you do, it's something you allow."

- Will Garcia

"You can have big plans, but it's the small choices that have the greatest power. They draw us toward the future we want to create." - Robert Cooper

### Jean recommends...



#### 1. [Now What?: 90 Days to a New Life Direction](#)

Laura Berman Fortgang

~ Based on the assumption that many people are utterly dissatisfied in their lives, this straightforward volume attempts to help readers find what it is that they truly want and make a plan for getting it.

#### 2. [Change Your Questions, Change Your Life: 7](#)

#### [Powerful Tools for Life and Work](#)

Marilee G. Adams

~ "Questioning" is a skill rarely taught in school, but doing it well - that is, asking the right questions of the right people - can radically transform attitudes, actions, and results. *Change Your Questions, Change Your Life* provides easy-to-learn tools that can make a significant and immediate difference in people's business and personal lives.

### 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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