

constructive CHOICES

The Choice Connection

Constructive Choices, Inc.

Vol. 2, Issue 5, May 2008

- GIVING... AND RECEIVING THE GREATEST GIFT OF ALL -

CHOOSE TO... Give... And Receive Your Life's Gift

CHOOSE to give time... give of service... give your heart... give money... give your wisdom

CHOOSE to ... say 'Yes' and 'No'... be recognized... receive

CHOOSE to ... give and receive freely

In This Issue

- Jean's Latest Choices
- GIVING... and Receiving the Greatest Gift of All
- Quotable Quotes
- Jean recommends...
- Administrivia

GIVING... and Receiving the Greatest Gift of All



This is an topic that surfaces in my life often and one where I rarely think of *Giving* without the potential for creating the reciprocal - the receiving. I have begun to wonder if, in fact, a person will always receive when they are moved to give.

First, I believe there can be abundance to *Giving* of anything - money, time, material goods, your heart, and your wisdom. And, yes, there may also be abundance in receiving - again anything from money, time, material goods, another's heart to another's wisdom. I am sure each of you could add another category to the few I have listed here.

I do strongly believe that in *Giving* of or away one thing, I receive so much more in return and usually ten times over. I rarely actually anticipate a receipt from anything I give. What I have begun to realize lately is that rarely is there a time that I don't receive when I give.

What I have also discovered lately is that possibly the greatest gift I often receive is to be asked to give or be offered a special opportunity to give. There is an extraordinary acknowledgement that comes with being asked to give. The life gift I continuously receive is the unspoken recognition, if you will, that I offer value

Jean's Latest Choices



- Considering my leadership definition as holding the strengths of the team.
- Give it away - the Team Self-Assessment.
- Give it up - the worry.
- Give it over - redo and make it right.
- Give in - letting go of my plan .
- Receive the joys that come with acknowledgement, less stress, getting it done well, joining in the adventure of another.

Quick Links...

[NEWSLETTER ARCHIVES](#)

[More About Jean & Constructive Choices](#)

[The Choice Store](#)

[Other Articles & Workshops](#)

[The Choice Line](#)

or that what I share may be worth more to someone else than what it provides me.

[CCI Website](#)

[Contact Jean](#)

I have been blessed many times in these last few years with these special requests to give of my time, my knowledge, and my service. In the very moments of being asked, I am challenged like many of you with the thought of adding one more thing on my "to do" list. I remind myself often that as I say "Yes" to one thing, I am also saying "No" to something else. What gets a 'Yes' or 'No' vote is always a choice.

In my eyes, the highest praise is to be asked to give without compensation, to give freely. I continue to walk away from that type of experience of *Giving* with more than I went in with. In those instances, I find I am able to walk in with a bit more freedom and more creativity with fewer restrictions on what I have been asked to give.

To make each experience of my *Giving* create a life gift, I work through a small exercise to prepare for that experience. I was able to share this with a colleague this past week and would like to offer it to you, my readers. I often refer to it as the 'Rule of 3' or '3 Meeting Guidelines.' And yet while intended for meeting or conversation prep, I believe it will also create for you the richest of *Giving* experiences and strengthen what you may receive in return.

When asked to give, prepare for the experience and...

1. Identify one (1) thing that you must 'say' - if you say nothing else, this is it
2. Figure out the one (1) thing you must 'show or do' - in some cases it may be a tangible or material item... OR... it may be how you show up - your demeanor, an air of confidence, etc.
3. Decide on the one (1) thing you must take away - in a sense you can create your gift. Is it an acknowledgement, a commitment, a new learning, etc.?

I can't begin to tell you about the gifts you are likely to receive after preparing for a *Giving* experience using these simple 3 guidelines. I do know that it won't take you long to acknowledge your gift - what you have received because you have Given.

To all of you - a virtual hug and the human touch you needed this very minute.

To each of you a wish for continued blessings and abundance in your *Giving* and receiving.

Quotable Quotes

"Don't worry that you can't give your kids the best of everything. Give them your very best."

Quotations

- H. Jackson Browne, Jr. from 'Life's Little Instruction Book'

"My mind is open to receive all the gifts of the universe."

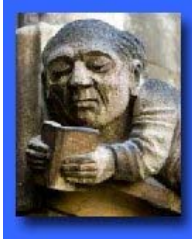
- Richard Carlson, PhD from 'The Don't Sweat Affirmations'

"We make a living by what we get, but we make a life by what we give." - Norman MacEwan

"If there be any truer measure of a man than by what he does, it must be by what he gives." - Robert Southey

"Treat the world well. It was not given to you by your parents but lent to you by your children." - Ida B. Wells

Jean recommends...



1. [The Whistling Season](#)

Ivan Doig

~ He is being proclaimed as the greatest of western writers. Western as in western US novels. Loved the story and the message and put myself into the dream of having wanted to teach in a one-room schoolhouse.

2. [Statistics for People Who \(Think They\) Hate](#)

Statistics

Neil J. Salkind

~ On my nightstand and has accompanied me on one recent trip. For use with EXCEL® and knowing that I just need to brush up on my language and understand where I will be going in my research.

3. [Mastering the Seven Decisions That Determine Personal Success: An Owner's Manual to the New York Times Bestseller, The Traveler's Gift](#)

Andy Andrews

~ An Owner's Manual to the NY Times Bestseller The Traveler's Gift. What are the 7 decisions? They are responsible, guided, active, certain, joyful, compassionate and persistent. And in the language of Andy Andrews... "The buck stops here. I will seek wisdom. I am a person of action. I have a decided heart. Today I will choose to be happy. I will greet this day with a forgiving spirit. I will persist without exception.

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!

Copyright 2008, All Rights Reserved
Constructive Choices, Inc.

Please, feel free to distribute this newsletter in its entirety. I only ask you include copyright and subscription information. You may have received this newsletter from a very thoughtful friend and I invite you to pass it along to others.

Be sure to check out the Choice Connection newsletter Archives. The archived newsletters are in PDF format. You can easily view from your computer or print them out and take them with you!

Newsletter Archives

*Newsletter configuration by [JanStGermain.com](http://www.janstgermain.com)
Master Virtual Assistant/Free Agent*

email: jean@constructivechoices.com
web: <http://www.constructivechoices.com>