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The Choice Connection

~ "Triggers - Moving Into Action - Tools and Resources" ~

Constructive Choices, Inc.
Discover and acknowledge your strengths...



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Triggers... Highlights

Trigger - an *event* that *initiates* others, or *incites* a *response*.

Triggers are the initiator (or ignition) to the start. They are not the output, nor the end result.

The implication from any trigger is that a move to action will follow. Engage... move... act positively.

Quick Links

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Quotable Quotes

"You have to have a trigger that gets this thing into motion. We don't know specific triggers at this point. That's one of the things that we have to figure out." ~ Rando Allikmets

"You are the person who has to decide. Whether you'll do it or toss it aside; You are the person who makes up your mind. Whether you'll lead or will linger behind. Whether you'll try for the goal that's afar. Or just be contented to stay where you are." ~ Edgar A. Guest

Triggers - Moving Into Action - Tools and Resources

The first month of 2009 has passed. Did you take note of an event in this last month that triggered an action, decision, choice, or movement forward? Did you feel propelled, pushed or just encouraged to move forward and with a positive step? Below you will find a few resources in books and websites to engage your curiosity about triggers. Are you ready - here are a few choices that will possibly trigger decisions to be made, habits to establish or discard, a purpose to be clarified, a journey for yourself and new view of influence. The websites may offer a few exercises or activities to enhance your movement. Enjoy!



Web Sites

1. Forward Steps/Triggers - <http://www.forwardsteps.com.au/Triggers>; a free gift link at <http://www.forwardsteps.com.au/TriggersSampleOptIn.htm>
2. Simple Truths website - <http://www.simpletruths.com/index.asp>
3. Personal Development Partners is an online and offline community where you can find others with similar goals so that you, and all of your personal development partners, can attain your goals faster and more easily!
<http://www.personaldevelopmentpartners.com/>
4. http://en.wikibooks.org/wiki/Learning_Theories/Organizational_Learning:_Triggers
5. Lee Ann Womack, [I Hope You Dance](#)

Books

1. [Mastering the Seven Decisions That Determine Personal Success: An Owner's](#)

Articles & Workshops

Complimentary Coaching Intro

Contact Jean

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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[Manual to the New York Times Bestseller, "The Traveler's Gift"](#) by Andy Andrews

[2. Habitually Great - Master Your Habits: Own Your Destiny](#) by Mark F. Weinstein. Also check out www.peaklifehabits.com

[3. A New Earth - Awakening to Your Life's Purpose](#)

by Eckhart Tolle

[4. Change Your Life in 30 Days: A Journey to Finding Your True Self](#) by Rhonda Britten

[5. The Seven Triggers to Yes: The New Science Behind Influencing People's Decisions](#) by Russell H. Granger.

Also check out

www.seventrigger.com

Enjoy the viewings and the readings ...

Jean
Constructive Choices, Inc.



CHOOSE to ... make a decision of action and inspire others with your activity.
CHOOSE to ... take note of a January event, mark the trigger, and step into 'Yes'.