

The Choice Connection

~ "Triggers - Moving Into Action - Your Commitment" ~

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



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In This Issue

Quotes

TRIGGERS Highlights...

Tools/Resources

Triggers - Moving Into
Action - Your Commitment

Choose To...

ADMINISTRIVIA

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

Newsletter Archives

CCI Web Site

About Jean and CCI

The Choice Store

Articles & Workshops

Quotable Quotes

"The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers."

~ M. Scott Peck

"You will never find time for anything. If you want time you must make it." - Charles Buxton

Discovery, Activity, Reflection... Commitment

My wish is that this shift in the newsletter format has increased your engagement and awareness in your life. Are you noticing the triggers that are your jumpstarts, when and how you are making decisions and then the steps that move you forward and onward? This month, we end the focus on Triggers with a personal example, and then a share of a few activities followed by questions for reflection Enjoy!



Triggering Self-Care:

I never did feel as if I closed out 2008 completely. One of my first triggers at the start of 2009 was an innocent conversation with a dear friend about wanting more time for self-care - really more about taking care of me in my home. As the conversation progressed, one of us asked the question, "So...how do we ensure that this year we will give ourselves some self-care? We also talked a bit more about what self-care really is. And for us, it wasn't just about a trip to the spa (although that does count), it was more about making time to do some of those fun and not-so-fun things in our homes that let us breathe easier and smile.

Our choice was to create *The Self-Care Plan*:

1. On small post-its, or note paper, write one self-care item per paper. Write at least 12 - one for each month. Fold the post-its to conceal your writing and put into a small container. There is no limit if you wish to write more.
2. Choose one day a month as our self-care day - allow a flexibility

Complimentary Coaching
Intro

Contact Jean

Tools/Resources

Web Sites

1. Forward Steps/Triggers -
<http://www.forwardsteps.com.au/Triggers>; a
free gift link at
<http://www.forwardsteps.com.au>

2. Simple Truths website -
<http://www.simpletruths.com>

Books

1. Nudge: Improving Decisions About Health,
Wealth, and Happiness
by R. H. Thaler and C. R. Sunstein

2. The 7 Triggers to Yes: The New Science
Behind Influencing People's Decisions
by Russell H. Granger.

Also check out www.seventrigger.com

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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for the time you start and end and the scheduling of half and/or
full days.

3. Schedule the days/times into your calendars. Plan 3 months out
to start.
4. Prior to the start of the self-care day, select one activity from
those remaining in the container. No peeking or conscious
selecting. And yes, you can allow a throw back and a 2nd pick.
5. Check in at the start, sometime in the middle, and again at the
end of the appointed self-care day/time. Be clear about what
you will accomplish.

And we are already celebrating - we have completed two half-days of
self-care and looking forward to at another 11 full days this year.

Other Activities:

Since a *Trigger* just gets things into mental motion, there are still
decisions to be made and a weighing in of choices prior to actual
action.

Make a Decision ... and Move Forward Positively

You truly do have at least 5 choices when a decision is to be made. For
a chance to be creative, brainstorm, and begin building on a
constructive choice, try out the Choice-Line at

http://www.constructivechoices.com/complimentary_coaching.htm.

Discover Your Priority ... and Move Forward Positively

Create a "What Am I Tolerating?" list.

Examples of things we tolerate - the handle on a door that you have to
move just so in order for the handle to open or close the door, a
leaking faucet, etc.

Getting Started ...

- Number from 1 to 40 on a single sheet of paper - two columns on
one side of the paper will work.
- Begin writing all that you are putting up with - those things that
niggle at your consciousness. Don't stop until you get that 40th
one identified.
- If you get stuck, then pick yourself up and move into another
room, take a look around and continue listing.
- Now categorize them into 4 categories - health, financial,
environment, relationships.
- Determine the first toleration you can eliminate within the next
48 hours ... and then the next.
- Keep it from becoming a 'to do' list. Put it away and check back
in on it after 3 months. You may be surprised at how much more
you have done without it ever being on a 'to do' list.

Incorporate 5 Daily Essentials - from the 'grow principle'™ series by
Robert Silverstone

1) Conscious Breathing , 2) Drink Water, 3) Sleep, 4) Exercise, and 5)
Nutrition

And then....consider other recommended habits, exercises and routines
to build in to your life

** Journal ** Walking / Exercise ** Pray / Meditate ** Be Mindful ** Do
What Needs to Be Done ** and then *Create your own ...* **

Questions for Reflection:

1. Think Pivotal when realizing you have experienced a trigger ...
what are the choices in front of you and if there was one thing
you started or completed today, what is the one thing that
could create positive movement in your life?

2. What does self-care mean to you?
3. How and when does the best of you show up in your life?
4. What do you want more of?
5. What do you want less of?

Commitment

All growth and choice to move forward after the decision making does requires a commitment to action. It's time to acknowledge the trigger, and choose the action forward. And today, your commitment is

All the best to you as your triggers propel you positively forward in your life,

Warm Regards,

Jean

Constructive Choices, Inc.



CHOOSE to...

look not at how far you have to go, rather...how far you have already come.

CHOOSE to ... take note of a January & February event, mark the trigger, and step into 'Yes'.

CHOOSE to... make a decision of action and inspire others with your activity.

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