

The Choice Connection

Dear Jean,

CHOOSE - A Fresh New Year!

Choose to refresh.... Know your Purpose and explain the outcome you desire.... Paint the Picture - choose how you want the outcome to look and feel.... Identify your steps and lay out the Plan... choose who will Play and how.... feel the timing.... and... be consistent in your execution.... choose the small successes along the way.... convey the symbol or message.... choose to celebrate and share the fresh and new!

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"Fresh Beginnings"



To continue a thread from the December 2006 newsletter theme of "Endings", I wanted to continue forward to offer some thoughts on "new beginnings" as proposed by William Bridges, the author of "Transitions – Making Sense of Life's Changes.".

Mr. Bridges offers some thoughts on why

beginnings seem to be strange and scary for some. To paraphrase, he points out that beginnings may:

- resurface some of the old anxieties triggered by the endings....for once and for all the ending appears to be real
- be a gamble....always the possibility it won't work
- trigger previous memories of failure, their punishments.... and aborted attempts
- take away the comfort of what you have been feeling in the transition (neutral zone)

Yes, I do believe "New Beginnings" Can be a bit scary. But, I am also not convinced that in the true sense of the word, we engage in so many new beginnings in our lives. This evokes a sense that I am starting over from scratch - ugh.... do I really have to?

More than these changes being so "NEW" - for me they are old ideas made "FRESH". So, I am shifting my perspective and will begin to consider beginnings as "fresh" and not always so "new".

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Jean's Latest Choices



* A fresh look and format for monthly newsletters starting in January 2007 – it is time.

- * Declared my Purpose for my 2007 path
- * Painted my office
- * Acquired new shelving
- * Created the Picture of how and where I want to work
- * Planned a path and schedule into 2007 considering work and health needs
- * Requested the services of a <u>Virtual Assistant</u> to Play!

Quick Links...

Constructive Choices Web Site

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The result may actually be a new way of doing something, but the premise is that I use all that I know to refresh the old idea, plan, event, project, etc. This absolutely requires a focus on using what I have learned, a bit of creativity, and relying on faith that I can create differently. This also allows me to keep what is working well, and then fine tune, reshape or shift that which needs to be freshened or refreshed.

Then there is the question of timing - just because we are at the start of a new year for example, doesn't necessarily mean the timing is appropriate for the FRESH/NEW beginning(s). All things will happen in their time. And while they cannot be forced, the author does claim they can be encouraged, supported and reinforced.

How one nourishes and grounds beginnings, he goes on to explain, requires you focus on the four "Ps":

- Purpose explain the outcome you seek
 Picture paint how the outcome will look and feel
- 3. Plan lay it out step-by-step to phase in the outcome
- 4. Participate to Play allow others to contribute and determine their part in your plan

Okay, so now once we have refreshed, reenergized and surged forward, how do we maintain the fresh and new? Bridges again offers some good advice to this question:

- be consistent
- ensure guick successes however small
- symbolize the new identity message and communicate, and
- celebrate the success without a doubt!

A New Year's Toast - Here's to all the beginnings that occur throughout your year - may you choose in the spirit of renewed energy to refresh that which is too comfortable, worn, or in need of repair.

Happy 2007 - A Fresh New Year!

Quotable Quotes

"More powerful than the will to win is the courage to begin." - Unknown



"Beainnings are messy." - John Galsworthy, British Novelist

"The only joy in the world is to begin."

- Cesare Pavese, Italian Writer

"Every beginning is a consequence. Every beginning ends something." -Paul Valery

Reading Choices - Great Books To Check Out



1. "Jobshift: How to Prosper in a Workplace Without Jobs" - William Bridges

2. "Transitions: Making Sense of Life's Changes" - William Bridges

3. "One Bite At A Time - How Every Manager

Other Articles

The Choice Line

Tell Us What You Think Of Our New Format

Can Use Six Sigma to Make a Difference" - David Brewster and Gary Calwell

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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