



CULTIVATING THE SEEDS OF CHANGE ©

Renée Canali, Life Coach Vol.1 Issue 5 May 2004

April showers bring May flowers, the saying goes. May is a time to bloom and grow! Take a moment to reflect on the change you wanted to make last month. How have you grown?

I can imagine some of the thoughts beginning to form:

I haven't really started yet.

I did well for the first few days, but I haven't gotten back to it.

I decided it's not a good time to change.

I don't have time to change; there are too many other things that are important.

I encourage you to ask yourself again: "What is the purpose of doing this-why is it important to me?" "What are the benefits I will get from making this change?" Now, you are back on track.

I am always doing that which I cannot do, in order that I may learn how to do it. Pablo Picasso

Changing a habit, remember, takes anywhere from 21-30 days of *consistent* behavior. If you have been successful in practicing the change a few times over the last month, acknowledge your progress. Focus more on the benefits this change will bring. It is more important for you to allow yourself to move forward without dwelling on the past. Practice is the key! I encourage you to continue to think about the change you want to make and how it will increase the quality of your life. Put action behind your intention. With the vacation season approaching, you can use a few minutes of your long weekends or time off to fortify your efforts.

Change is the law of life. And those who look only to the past or present are certain to miss the future. John F. Kennedy

As you gear up for vacation, time off, family time, make time for yourself. Everyone will benefit from this. You will become more relaxed and more available to those around you. Focus on the things that really matter in life. Become aware of how often you sub-consciously choose an old behavior instead of consciously creating a new one.

I am whom I am until I become who I am meant to be. Renée D. Canali

Contact me by email: Renee@landofpossibility.com to explore the possibilities of Life Coaching. I offer a sample 30-minute session to allow you to experience what coaching is about.

GARDENER'S ACTION PLAN FOR MAY 2004

Renée Canali, Personal Life Coach

You have resolved to change something in your life because there is a benefit to making the change, not because you were bored and were looking for something new to do! Focus on what differences the change will make in the quality of your life. Take a few minutes to write your answers to the following:

I intend to change the following in my life:

The costs of *not* making this change are:

What are the benefits of making this change?

How else can I benefit from this change?

How will my life improve when I change this?

I will take these actions each day to support me in making this change:

If I neglect to focus on this change for one day, I will get back on track by:

The following people support me in making this change:

I have chosen to make this change because it offers these benefits:

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*There came a time when the risk to remain tight in the bud was more painful than the risk it took to bloom.* Anais Nin

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