



CULTIVATING THE SEEDS OF CHANGE ©

Renée Canali, Life Coach Vol.1, Issue 6 June 2004

In April, we started to make conscious changes in our lives. May allowed us to take another look at those changes and adjust our behavior patterns to support those changes. As we move into June, the first month of summer relaxation, we are going to look at commitment.

Commitment is defined as the state of being bound emotionally or intellectually to a course of action or to another person or persons. Commitment is the process you use to keep you in action and moving towards your resolution. Each day, commit to focusing on making the change(s), which you have determined would enhance your quality of life.

"Things will always change in your life, but when you use commitments as your guiding force you will access your true self time and time again." Rhonda Britten, Author of Fearless Living

Sometimes, we sabotage our success and ourselves by believing the internal dialog we have which convinces us that we can take action *later*, after we have time to relax and unwind. Many times, the behavior we want to enforce and develop into a habit is a necessary step towards *having* more time to relax and unwind. Oh, but we are crafty gardeners in the gardens of our lives! When the heat is on, we can see the weeds of our behavior patterns as if they are the most rare of flowers. We nurture undesirable behaviors and embrace them; we defend them from the criticisms of others. By the time we realize they have taken over our garden and are threatening the critical parcels of our lives, the work involved in getting rid of them is usually overwhelming.

Experienced gardeners say that the best way to keep “weeds” out of the garden is to prevent them from growing in the first place. This means taking conscious and direct action. Once weeds appear, pluck them and replace them with strong, desirable plants; feed them well and nurture them so that they prevent new weeds from gaining strength. Let’s look at how to take desirable behaviors, nourish them and strengthen them so that they may grow.

The most significant way to change a behavior pattern is to replace and undesirable behavior with a new, more desirable behavior. In April, you identified a behavior you wanted to “plant” in your life garden. In May, your focus was to “feed” the change by reinforcing it daily. It is easier to “pluck” bad habits before they grow into full-grown weeds. Take time this month to “nurture” the new habit so that it may root, gain strength and bloom. Taking a few minutes each day to tend to your new habits will create time for you to relax and enjoy!

Putting off an easy thing makes it hard. Putting off a hard thing makes it impossible. ~George Claude Lorimer

Visit www.landofpossibility.com to explore the possibilities of Life Coaching. Experience a sample 30-minute coaching and together we can refine your goals and strategize you into action! Contact me by email: Renee@landofpossibility.com or call 866-337-2728.

GARDENER'S ACTION PLAN FOR JUNE 2004©

Renée Canali, Personal Life Coach

June is dedicated to nurturing and strengthening your new behavior through commitment. "But," you say, "I don't have time right now. I have all these other things to take care of so that I can relax. I can do it tomorrow".

Tomorrow is often the busiest day of the week. ~Author Unknown

Have you ever looked back at your life and asked yourself, "Where did all the time go?" Do you regret *not* doing something when you were in High School, in College, single? How often do you find yourself justifying procrastination by saying, "Someday."?

Someday is not a day of the week. ~Author Unknown

Nurturing is "the act or process of raising or promoting the development of". If you forget to water your garden, the plants will either develop sporadically or not develop at all. To promote their development, they need attention, or commitment. Commitment is "dedication to a long term course of action". Your behaviors need commitment, as well, in order to develop. Once your behaviors become habit, they will need less attention. They will be able to sustain themselves under most circumstances. Occasionally, you may need to refocus and refine your habit; but the process will not be as time consuming as trying to "grow" a new behavior from "seed".

Each day, as a part of your routine this month, make space for focusing on your new behavior. Notice each day how it is developing. Each night, focus on what else you could do to promote it. Look for and discover, new ways to nurture it. As with plants, if you "plant" a new habit, "feed" it by paying attention or focusing on it, and nurture it until it is strong, it will generate "seeds" or future habits which will grow and become strong.

My new behavior:

Ways I commit to nurturing it:

First say to yourself what you would be; and then do what you have to do.
Epictetus

Procrastination is the fertilizer that makes difficulties grow. Author Unknown

Copyright (c) 2004 Renée D. Canali, Personal Life Coach, All rights reserved. May be reproduced with copyright statement and credits intact. To subscribe to this newsletter or to make comments, email me at Renee@landofpossibility.com or call 866-337-2728