



## CULTIVATING THE SEEDS OF CHANGE ©

Renée Canali, Life Coach Vol.1, Issue 8 August 2004

**AHH!** The dog days of summer are fast approaching. Those long, lingering days when you yearn to find a cool, quiet place to contemplate the universe, the afternoons that hang in eternity, the stillness of the evening when even your breath doesn't cause a ripple in the air. I believe August was created for us to learn to appreciate the time we have on this earth. The days stretch on forever so that we can be grateful for spending time doing nothing but observe our world and our place in it.

Last month, I challenged everyone to play a game of *Conversation Tag*: to have a conversation each day with someone new and to observe their responses and your reactions. For August, I'd like you to ponder what affect this exercise in communication had/has on you:

- ❖ Are you more aware of auto responses? "Hi, Can I help you?" "Fine, and you?"
- ❖ How often do you anticipate someone's reactions? Or do you experience their reactions as they occur?
- ❖ Do you feel more comfortable connecting with strangers now?
- ❖ How has this exercise changed communication with those familiar to you?

The next stage of this game is to now pay attention to how you talk to yourself. What conversations do you have in your head? :

- ❖ Are they full of positive feedback and encouragement?
- ❖ Do you find that you admonish yourself for forgetting or not doing something?
- ❖ Are your internal conversations useful in moving you toward a goal, dealing with a difficult situation?
- ❖ When you listen to the chatter in your mind, is it harmful? Negative? Full of doubt? Or is it light, thoughtful, empowering, and supportive?

For most of us, our internal dialog is silently running in the background and is secretly affecting how we view our day. By tapping into our minds, we can choose to substitute one unfruitful thought for another, more beneficial thought.

"He is able who thinks he is able." *Buddha*

"Prepare your mind to receive the best that life has to offer."  
*Ernest Holmes*

**I encourage you to continue playing the game and invent new ways to start conversations. Describe an experience you had that changed your day or the day of someone with whom you spoke. Email me at [Renee@landofpossibility.com](mailto:Renee@landofpossibility.com) and share your comments, observations, and experiences.**

Contact me by email: [Renee@landofpossibility.com](mailto:Renee@landofpossibility.com) or call 866-337-2728 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!

## GARDENER'S ACTION PLAN FOR AUGUST 2004©

Renée Canali, Personal Life Coach

Here are some telltale signs that your internal voice, or inner critic, is running the show:

### The internal voice

- ✓ Blames you for what happens.
- ✓ Keeps all of your failures on record.
- ✓ Calls you names.
- ✓ Exaggerates your weaknesses and disregards your strengths.
- ✓ Holds you responsible for all mistakes.
- ✓ Is ruthless about how you “always” screw up and “never” do things right.
- ✓ Compares you to everyone and you always lose.
- ✓ Never lets you off the hook.
- ✓ Keeps guilt front and center.
- ✓ Writes the script for a conversation that has not yet happened (determines the outcome of a future event).

If your internal dialog could use some redesign, here are some tips and suggestions for you to help change your internal dialog to a more positive and supportive one.

- Become aware and focus on your internal scripts.
- List a few of your internal scripts. Rewrite them and use them to replace the old ones.
- Notice how you react to your inner critic. Do you grumble? Turn inward? Become irritated? Now-focus on reversing that reaction. If you grumble, smile. If you turn inward, find someone with whom you can connect. If you become irritated, seek a soothing activity like listening to music or swinging on a hammock.
- Take a deep breath.
- Acknowledge yourself out loud and/or in writing.
- Contradict the voice. If you hear, “you’re so stupid”, recall as many times as you can when you were brilliant, skilled and successful.
- Step out of your comfort zone. If your inner voice says, “they won’t accept you into the club”, go sign up and see what happens.
- Challenge the belief that your inner voice is enforcing. “You never do anything right.” Counter attack with “ I graduated high school and college. I have a decent job. I have love for my family and friends to laugh with. I care about the environment.”

Awareness is the first step to conquering that inner voice. Once you are aware of what it says, how it acts and what affect it has on you, you take your power back. You can choose to listen to, counter attack, ignore or change what the voice says. Refer back to the April and May issues of this newsletter for support in making a change. If you need a copy, please contact me (see below).

### Resources:

[Taming your Gremlin, A Surprisingly Simple Method for Getting Out of Your Own Way,](#)

Rick Carson

[Self Esteem,](#) Matthew McKay, PhD and Patrick Fanning

[Change Your Life in 30 Days,](#) Rhonda Britten, chapter 13

You can subscribe to this newsletter or to share your comments by emailing me at [Renee@landofpossibility.com](mailto:Renee@landofpossibility.com). Or call 866-337-2728 for a sample coaching session at no charge. Copyright (c) 2004 Renée D. Canali, Personal Life Coach, All rights reserved. May be reproduced with copyright statement and credits intact.