



CULTIVATING THE SEEDS OF CHANGE ©

Renée Canali, Life Coach Vol.1, Issue 11 November 2004

The year is almost over. By now we have all heard there are only X number of days until...Right now is the time to lay the foundation for a smooth transition into next year. Last month you chose a goal to work towards. If not, here are questions to help you get started:

- What activities do you look forward to in the coming months?
- What is one thing you really want to accomplish before year's end?
- Which one area of your life do you want to concentrate your time in: family and friends, health, job/career, money, physical surroundings, fun and recreation, personal growth or romance/ significant other?

Get your goal clearly in your mind. Decide when you want to accomplish the goal by-and take one step every day towards meeting that deadline.

Now that you are on track for setting goals, why not choose one or two for next year? Doing this now gives you a head start on laying a foundation for success next year. I know this goes against the age-old practice of making "promises" to ourselves on New Year's Eve, but it also goes against the tradition of breaking those promises on New Year's day (or soon after).

Thought is the blossom; language the bud; action the fruit behind it. Ralph Waldo Emerson

Choose a goal that doesn't "have to" get done, but one that you feel has benefits to you /your family. You want to get results from these efforts. You want to be driven to success because your goal is heart-felt: something you really want to achieve.

Now, to help keep you motivated, make a list of the top ten rewards you will receive from achieving the goal you have set. Here's an example based on the FUNclutter workshop I hosted in October. The goal is to eliminate piles of mail on the kitchen counter. Here are the Top Ten Benefits:

1. I won't have to see it and feel upset that it is still there
2. I will have an established place for bills, school papers, community notices, coupons, etc.
3. My wife will have more time to relax without having to "remind" me about the pile.
4. I will be able to spend time with my family, not sorting papers.
5. We will save money by paying bills on time.
6. We will be less stressed. Permission slips can be turned in on time.
7. My wife and I can find something better to do than arguing over piles.
8. My kids will learn to take care of things in a timelier manner.
9. I will go to bed each night relieved that I won't see piles in the morning.
10. I can move on to another goal!

Refer to your top ten list frequently. Add more benefits if there are more. Keep focused and most of all, keep moving toward that goal, one step at a time!

The great end of life is not knowledge but action. Thomas Huxley

© 2004 Cultivating Change, LLC & Renée Canali, Personal Life Coach. Visit www.landofpossibility.com to subscribe to this complimentary newsletter or to learn more about coaching.

GARDENER'S ACTION PLAN FOR NOVEMBER 2004 ©

Goals and Small Steps

If you have ever gone through the exercise of setting goals (or making resolutions), you probably have experienced the frustration of how to keep yourself moving toward the goal shortly after you set it. The biggest reason we do not keep moving towards our goals is because we raise our eyes to the sky and see how vast an undertaking we have in front of us! Make a change to last the rest of my life? What was I thinking?

Here is a strategy I learned from Drew Miles of Path Finder Business Services www.pfbs.com to help you achieve success. By setting long-range goals and short term supporting goals you will move quicker towards these goals and with a greater sense of accomplishment.

- ❖ Think about the different areas of your life, such as finances, health, education, community, spirituality, fun and relaxation/recreation, business and relationships.
- ❖ Keeping these in mind, write down your five most important goals and why they are important. Be very clear.
- ❖ Pick the most important goal and set a timeframe to achieve it within, such as 3 years.
- ❖ In order to achieve the goal in 3 years, what would you have to do to accomplish it? Write down each step you would need to take such as research, finding funding, hiring someone.
- ❖ Now, decide what would have to be done by year 2.
- ❖ Repeat this process for year 1, the 4th quarter of year 1, 3rd and so on, until you have broken the process down to what action you need to take this week.

Now that you have a road map for accomplishing your goal, take one step. Keep taking a step at a time until you reach your weekly goal. Keep moving, one step at a time until you reach your monthly goal, and so on.

Mike Litman of Connect to Success in New York is always quoted as saying; *“You don’t have to get it right; you just have to get it going!”* www.mikelitman.com

Start today and get it going!

Here’s one thing you can do today that will support you in moving forward: sign up to receive your own copy of this monthly newsletter. Along with receiving an email copy of this monthly newsletter, I will notify you of upcoming workshops, seminars and group coaching opportunities. Watch for your chance to attend the next FREE FUNclutter© workshop and learn how mental clutter may be holding you back.

If you are interested in joining a coaching group to support you in defeating the procrastination bug, or to experience an individual coaching session at no charge, send an email to Renee@landofpossibility.com or call 866-337-2728. All rights reserved. May be reproduced with copyright statement and credits intact.