



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Life Coach Vol.2, Issue 9 September 2005
Changing Perspectives

September signals a change of seasons and for many, a change of routines. These changes happen around us and we accept them. There are changes that we do not readily accept, however. How many of us fight changes at work? What about changes in relationships?

Jack Canfield, author of Success Principles, (and co-author of the Chicken Soup for the Soul series) talks about change as being either cyclical or structural (p226-8).

- Cyclical changes are changes that happen in a cycle or pattern, such as seasons, the stock market, the school year.
- Structural changes are changes that prohibit us going back to doing things the way we did them before, such as the many changes automation and technology have brought to us.

We each have a choice to make when it comes to change. Do we resist change or do we embrace it? John F. Kennedy said, "***Change is the law of life. And those who look only to the past or present are certain to miss the future.***" Resisting change takes a lot of energy at a time where energy is best used to deal with the change instead of fighting against it. Focusing on not allowing the inevitable leaves us drained and stressed. We have to be able to change more quickly today than generations before us. The world is operating at an ever increasing speed.

What does it take to embrace change as a natural part of our lives? According to Karen Reivich, PhD and Andrew Shatté, PhD, authors of The Resilience Factor, "Resilience is a mindset that enables you to seek out new experiences and to view your life as a work in progress." (p.26) Too many of us seek to find a comfortable place in which to spend the rest of our lives. We protect our right to create a place from which to view the rest of our lives WITHOUT having to change. How often do you hear others say things like, "It never used to be that way" or "That's not the way we used to do it'?

Where would we be if Bill Gates decided the world of computers should stay as is? And if medical advances were seen as unnecessary change? Not all change is viewed as beneficial. However, change happened before, as it is happening now and will continue to happen into our future. It is up to you to decide how you will handle changes when they are presented to you.

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Things begin to happen when there is change. We can change things we are not happy with or we can accept change that is inevitable; unless we become paralyzed by our excuses. Excuses prohibit positive change from taking place.

Change is a process which happens one step at a time and from the inside out. Change begins with the conscious effort to think about the change from a positive direction. You control your thoughts and your thoughts control your emotions and reactions. You think your way through change or into inaction and avoidance of change. Your thoughts determine whether or not you will emerge resilient. Rudy Ruettiger says, "***You must take action to reach for things you desire***". (Rudy's Insights for Winning in Life, pg. 9)

In order to make a change, it is best to know what you value and how you can preserve those values through the change. Stephen Covey believes that "the key to the ability to change is a changeless sense of who you are about and what you value." (The 7 Habits of Highly Successful People, Stephen Covey, pg. 108) When you know what it is that you value and you live your life by those values, change becomes a natural part of moving toward your dreams or desired outcome.

Here are 6 steps to make change easily:

- **A**nticipate change
- **C**hoose to change
- **T**hink about the change from the viewpoint of your values
- **I**dentify what you want from the change
- **O**wn responsibility for accepting the change
- **N**ever allow yourself to resist the change

Change challenges our comfort zone.

Change challenges us to take action.

Change moves us forward.

Change keeps us from becoming extinct!

Changing how you think will change your life.

If you are ready to change your habits and be more productive and satisfied and would like support, you may request a 30-minute complimentary coaching session by sending an email to Renee@landofpossibility.com or by calling (301) 279-2363. All rights reserved. This may be reproduced with copyright statement and credits intact.



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