



## CULTIVATING THE SEEDS OF CHANGE ©

Renée Canali, Life Coach Vol.3, Issue 5 May, 2006

### Graduation Gifts

As High School and College students find their way across the stage, they find themselves at the foot of a bridge. The bridge is one they will build to take them from youth to adulthood, from carefree to commitment, from reckless to responsible. Where they end up and how much difficulty they encounter depends on two things- attitude and action.

Attitude is a state of mind or feeling with regard to some matter. Attitudes are formed through our experiences and are influenced through media, role models, conditioning and group affiliations. Attitudes can hold you back from achieving what you are capable of or can propel you forward to greatness.

Recently, students at two local High Schools were given the opportunity to apply for a small scholarship for continuing education. There were only three applicants for the scholarship. Guidance counselors said, "Most students won't bother with such a small amount." Two of the recipients celebrated receiving the \$125 scholarship along with several other small scholarships. They were both pleased that they spent time filing applications and demonstrating their positive attitudes towards their future. The sum of their scholarships brought them close to paying for their first year of continuing education. Those students whose attitude said it was a waste of time not only lost the small amounts, but did not receive any money toward tuition, books or room and board.

*Even if you're on the right track, you'll get run over if you just sit there.* Will Rogers

Attitude is a belief that influences action. Many of us can look back on forgotten dreams, lost opportunities and jobs that were below our abilities. We realize it is our attitude toward the challenges that prevented us from achieving more and taking more calculated risks.

Building bridges to the future takes more than sweat, knowledge and a direction. It takes the right attitude and action.

© 2005,2006 Cultivating Change, LLC & Renée Canali, Personal Life Coach. Visit [www.landofpossibility.com](http://www.landofpossibility.com) to subscribe to this complimentary monthly newsletter. All rights reserved. This newsletter may only be reproduced with copyright statement and credits in tact.



## GARDENER'S ACTION PLAN FOR MAY 2006 ©

Renée Canali, Life Coach (301) 279-2363

This month's G.A.P. focuses on reaching young adults between 15-25 years old that want to define their future for themselves. These young adults accept the responsibility for shaping their lives, but seek mentors and supporters to show them strategies for dealing with inevitable failures; they

- are concerned with the transition to 'real life' and what they can do to enhance their odds for success.
- understand the need to perform and compete, and that winning will go to the best prepared in the most ways (knowledge, experience, ingenuity and attitude).
- have a genuine interest/desire to discover how their unique gifts and talents will make a difference.
- want to learn how to best develop, refine and focus their best qualities in a unique way that gives them a competitive advantage.
- understand life is a game and want to learn to play the game like a pro.

The road begins with *attitude* and *action*. Several programs are beginning soon for young adults open to defining, building and sustaining a successful lifestyle.

Seminars (\$79):

- Get your NetWorking: What networking is, how you already use this skill and how you can leverage it in the future. Learn key elements of the networking process.
- What you Believe you Achieve: How what you think determines what results you get.

Teleclasses (telephone conference call-\$49):

- Networking basics
- Using Values, Skills and Talents in Choosing a Career
- Cultivating Change: leveraging change instead of resisting it

**Act** now- groups forming for June. To participate, or for further information, contact Renée Canali at [renee@landofpossibility.com](mailto:renee@landofpossibility.com) or (301) 279-2363. Don't be penalized with "delay of game". Begin training now and increase your odds of success.

***You must do the things you think you cannot do. Eleanor Roosevelt***

For things to be different you have to cultivate change. If you are ready to change your habits and become more productive and satisfied take action and send an email to [Renee@landofpossibility.com](mailto:Renee@landofpossibility.com) or call (301) 279-2363. All rights reserved. This may be reproduced with copyright statement and credits intact.

