



**CULTIVATING THE SEEDS OF CHANGE ©**  
**Renée Canali, Life/Mindset Coach Vol.3, Issue 8 August, 2006**

August, the signal of change to come! Not only is the sun setting sooner and the change becoming more noticeable, but the summer is sneaking toward the finish line. Things are changing here at Cultivating Change as well! The newsletter is taking on a new look and the fall program schedule is warming up to a fast pace.

For those of you in the DC metropolitan area, there is a great event taking place on September 9 & 10<sup>th</sup> at Westfield Wheaton Shopping Center. The First Annual Wheaton Health and Fitness Expo with hundreds of exhibitors, including Cultivating Change! Please stop by on Saturday, September 9 from 10am to 6pm. I would love to meet you! Check it out at [www.WheatonHealthExpo.com](http://www.WheatonHealthExpo.com).

Anyone stopping by to meet me will have a chance for a free pass to one of my introductory workshops, a chance to participate in a drawing for a \$25 gift card and the opportunity to purchase **101 Great Ways to Improve your Life**, featuring myself along with Jack Canfield, Alan Cohen, Richard Carlson, Bob Proctor and John Gray!

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**Change Happens Anytime Never Giving Explanations**

Change is a curious thing. It is: an adjustment, advance, conversion, correction, development, innovation, modification, novelty, refinement, shift, trade, transformation, or variance. Change can also be something smaller than the original form, such as coins. Change can mean: accommodate, adapt, adjust, diminish, evolve, fluctuate, moderate, renovate, replace, resolve, revolutionize.

It is a human trait to find a comfortable place or state of being in order NOT to change. But change happens around us everyday, everywhere. Nothing remains the same. Change necessitates choice. Thank goodness our ancestors were able to cultivate change or we'd still be living in caves! As we move from complacency and avoidance toward innovation and acceptance, we choose to leverage the change that affects us most.

The following Growth Action Plan (formerly Gardener's Action Plan) presents ideas about how to leverage change in your life.

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Here are some ways to leverage change:

- ~Adjust a behavior to the current situation. Many actions are born out of our prior experience and are not necessarily effective any more.
- ~Advance others by believing in them instead of doubting them. You advance as well.
- ~Convert destructive habits into positive behavior. Change from belittling and complaining about others to making a positive difference in someone's life.
- ~Correct yourself; encourage others.
- ~Develop mentally, physically, emotionally, spiritually, intellectually.
- ~Seek innovative ways to resolve issues.
- ~Modify the view of current circumstances. See various perspectives.
- ~Celebrate the novelty of a situation.
- ~ Refine or cultivate relationships to encourage growth and nourish understanding.
- ~Shift from disempowering thoughts, words and actions toward more empowering ones.
- ~Trade a limiting belief for one that has expansive possibilities.
- ~Transform someone's life by offering support, comfort, acknowledgement and understanding.
- ~Seek out a variety of ideas and view points to include everyone.
- ~Accommodate the needs of others as you tend to your own needs.
- ~Adapt an open mindset: allow for different points of view.
- ~Adjust your reaction. Seek to respond.
- ~Diminish the power given to gossip, innuendo and rumor. Seek facts and evidence.
- ~Accept things as they evolve; resistance diminishes the benefits derived from the experience.
- ~Acknowledge that circumstances fluctuate and that you can control not the circumstances, but can control your response.
- ~Seek moderation in order to find balance in your life.
- ~Renovate your lifestyle to support your goals and dreams without sacrificing your values and beliefs.
- ~Replace fear and doubt with strength and conviction.
- ~Resolve to live every day to its fullest. Life banks 86,400 seconds per day in your account-how you spend this determines the outcome.
- ~Revolutionize reactions to change- always seek the most expansive ways to cultivate a situation for the benefit of all involved.

### Choice Hands All New Growth Experiences

\*\* Renée Canali is a Resistance Coach who provides experiential programs for young adults which engage them in the process of living outside the box. Check out other articles she has written at [www.ideamarketers.com](http://www.ideamarketers.com). She is also a featured author in 101 Great Ways to Improve Your Life, Volume 2 along with Jack Canfield, John Gray, Richard Carlson, Bob Proctor and Alan Cohen. Don't miss the launch of this book **September 12-14**. Email Renee@landofpossibility.com to order your copy and a copy to give as a gift!

**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.**