



CULTIVATING THE SEEDS OF CHANGE ©

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September is the month of the Harvest moon and the autumnal equinox. It can be argued that this is the ending of the growing season. For me, it is the beginning of the new growing season. As summer comes to an end and the school year begins, I treat September as my new year. Since fall is my favorite time of year, I use the inspiration of the warm days and crisp evenings, full of splendiferous color and scents, to help focus on what I want in my life in the coming year.

When I was 5 years old, I recall taking autumn rides in the “country” with my family. My sister and I would sit on the floor of the backseat-this was before seatbelts- and would give my dad directions. “Right, left, straight, turn around, stop”. After about half an hour, we would get up into the seat and try to direct my dad back home. I treasure those times not only because my dad died just before my sixth birthday, but because it gave me the feeling I could solve problems. It gave me courage to try new things and to discover what was around the next corner.

As a teen, I traveled with my oldest brother, his wife and my youngest siblings across the U.S., not once, but twice. I recall driving through Death Valley and feeling disoriented for several moments while my body learned how to compensate for the change. I also remember a similar feeling when we ascended to Wolf Creek pass in the Rocky Mountains. It was exhilarating yet unsettling. I sometimes now experience these feelings when my business goes through periods of great growth and times when opportunities begin hurling themselves towards me like a meteor towards earth.

I love looking out the car window at the colorful landscape and watching as the scenery passes by at lightening speed. Looking out the front windshield, the destination approaches slowly. The view out the back window pushes me further from where I had been, a little at a time. But looking out the side windows and keeping my sight fastened to one point ahead, it feels like I am flying. Only when I try to focus on everything at once does it feel like I am standing still.

Steady forward movement is difficult to measure when watching the world go by. Do *you* ever feel like you are gazing out at the world, watching the scenery fly by: like everything else in the world is moving faster than you are? It can be difficult to keep your focus when things seem to be passing by you quickly. How can you keep moving toward your future when you feel like you are standing still?

You can learn to regain your focus and eventually reach your destination. Discover how in the following Growth Action Plan (formerly Gardener’s Action Plan).

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You can learn to regain your focus and reorient yourself towards your future. By developing a strategy (a plan of action, or method designed to achieve a specific goal or result) or discovering a different technique (systematic procedure by which a task is accomplished), you can determine where you are going and what adjustments need to be made.

Strategy (what you will do)

Ask yourself, “What would I do today, if I were brave?”(Jana Stanfield-www.janastanfield.com)

Change something you have been doing that does not bring the results you want.

Begin with the end in mind. (Michael Gerber- In The Dreaming Room)

Build on your daily accomplishments. (Jack Canfield, Success Principles)

Give up on “analysis paralysis”. (John Assaraf, The Street Kid’s Guide to Having It All)

Prioritize your day based on what you want and who you want to be.

Several techniques: (how you will do it)

Challenge yourself to take one daring step. Find someone to hold you accountable.

Observe your language; listen to how you say things *and* what you say-even in jest.

Determine what you are aiming for-describe it in detail: how you will feel, what it will look like. Can you touch, feel or smell it?

Each night, as you drift off to sleep identify 5 accomplishments from your day. Let these be the last thing you focus on.

Trust your success to yourself and your actions, not to chance or accidents.

Take action on things that move you toward what you want before taking care of “to do’s”. Register for that class before weeding out junk mail.

Here are some definitions that may be helpful to review:

Move: follow some specific course, to be stirred, initiate action.

Movement: change in position.

Momentum: force of motion.

Watch for The Momentum Builder©-coming soon!

** Renée Canali is a Mindset 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. 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. Visit <http://www.1shoppingcart.com/app/?Clk=1582747> to order your copy and receive \$1500.00 in bonus gifts.

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 or call (301) 279-2363. All rights reserved. This may be reproduced with copyright statement and credits intact.