



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.3, Issue 11 November, 2006

Ready, Set, STOP!

The 2006 Holiday season is upon us, signaling the approaching end of another year. As you curl up in front of a crackling fire, or spread out gifts and wrapping on the table, take time to reminisce about the highlights of 2006. What were your accomplishments? What did you take a chance on trying?

Looking back at the year that has passed before the New Year begins allows you the space and time to decide what you want to improve in the coming year. It gives you the ability to reflect on what is most important to you and time to seek out ways in which to invite more of these things into your life.

As I look back this past year, I see a young woman I worked with set out to achieve her goals. She began seeking out scholarships, grants and funding opportunities for college a year ago, applying for scholarships as small as \$125.00. She knew if she persevered she would get what she wanted. She now attends the University of Maryland and has been accepted into the Alternative Spring Break Program. This program sends participants to 7 US locations over spring break where they can help make a difference. The costs are the students' responsibility. This young woman seized the moment and began letting people she knows and meets about her desire to participate in this program.

Another young adult I know has begun combining two passions to create a specialized real estate business. At 27, building a business which will allow retirement before 30 also provides the opportunity to experience life at a new level. While learning and growing the business, there will also be time to teach young adults about real estate and money, 2 things they do not teach in school. Plans are already in place for a dynamic 1st quarter of 2007!

As you find yourself surrounded with the spirit of this holiday season, take time to define *your* dreams. The Growth Action Plan below offers some suggestions and resources to help you on your journey.

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GROWTH ACTION PLAN FOR NOVEMBER 2006 ©

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Here are some questions you can ask yourself to begin defining what 2007 will mean for you:

- *What is the most satisfying thing for you to accomplish in 2007? What are the top five?
- *When you take the smallest step towards achieving any of these, what feeling will you experience: joy, relief, satisfaction, energy, inner power?
- *How does this change your life: easier, more fulfilling, healthier, more grateful, and more peaceful?

Now, get yourself ready to go after what you really want in the coming year. Define small steps you can take each day to bring you closer to clarifying this desire and achieving it. Below is a short list of articles in **101 Great Ways to Improve Your Life, Volume 2***, which can assist you in creating a great 2007 *instead of settling for making and breaking New Year's resolutions.*

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“What You Need to Know about Choosing” by John R. Dempsey- Every choice affects what is and what's possible. Doing nothing is still a choice. Risk and reward are 2 sides of the same coin.

“Finding The Work You Love” by Keri Coffman-Thiede- Choose work (jobs) not as a way to make money, but as an expression of your values and passions.

“Visualize and Affirm Your Desired Outcomes” by Jack Canfield- Visualization is a mental rehearsal of the outcomes you wish to receive; programming your brain to recognize resources and building internal motivation to achieve your dreams.

“Don't Resist: Cultivate Change!” by Renée Canali- Change happens every day, so begin to practice the art of change. Lower your resistance to change and change happens easily.

“Seven Behaviors for Creating the Life You Want” by Ronald Finklestein-Make decisions based on the outcomes you want to experience. Have a clear sense of purpose and own your dreams.

“Mistake Salad” by Alan Cohen-Every problem comes with a gift. When you focus on looking deeper and asking for insight, the problem dissipates and the learning begins.

“Persistence” by Bob Proctor- When you go after what you love, persistence is automatic. It is a unique mental strength which combats repeated rejections and obstacles.

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101 Great Ways to Improve Your Life, Volume 2 is published by David Riklan and SelfGrowth.com.

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