



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.4, Issue 1 January, 2007
The Year of Celebration

If You Can't, You Won't. If You Can, Will You?

It was the first day of 2007. He woke and sensed it was almost dawn. The room was emptying of the full moon's light. As he opened his eyes, much of the bedroom was visible, but not in great detail. He could only sense what was around him as he sat on the edge of the bed.

On the way to the bathroom to get a drink of water, the message on his car's side view mirror popped into his head: *Objects are closer than they appear*. Just then, he stubbed his big toe. "Point taken," he thought as he rubbed the toe. He returned to bed and sitting there finishing his water, he discovered that some of the objects in the room were now more clearly defined than others.

As he looked around the room, his thoughts wandered. "Sometimes things are very clear to me and sometimes they are more illusive. Life can be like that- illusions and delusions," he laughed aloud. "*Opportunities* are closer than they appear!"

Most of us believe that if we knew ahead of time that our weight would directly cause us to suffer a major health problem that we would exercise and eat a healthier diet. If we knew that we would be the next one to lose our job, we would have sought out a different job earlier. If we realized that the relationships we take for granted would dissolve away and leave us wanting, we would spend more time working on our communications.

The truth is that it is easier to accept the delusion that "it won't happen to us". We jokingly make "resolutions" because these are things we "should" do. No one expects us to really do what we say!

He got dressed, ready to start his new year strong. He began by deciding which things were most important to him to accomplish this next year. "There is no more time to half-heartedly make resolutions," he declared out loud. "If it doesn't matter enough to me to take steps towards achieving something, then it is not a goal. I can do these things and if I cannot "see" every detail, I will just sense my way to success!"

The reason most people never reach their goals is that they don't define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them. Denis Waitley

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GROWTH ACTION PLAN FOR JANUARY 2007 ©

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The tradition of making resolutions for the new year goes back thousands of years. The Babylonians began the tradition of celebrating the beginning of a new year over 4000 years ago, resolving to return something to its owner that was borrowed during the previous year. The Romans began their celebration in the first month by exchanging gifts and asking forgiveness from their enemies. January is named after the mythical Janus, which symbolizes beginnings and endings. The Chinese have a long standing tradition of cleaning house at the beginning of the new year.

In each case, something is “removed” and space is made for the new. These ancient traditions still have value today. You can clear space in your life for new experiences, habits, and results by “cleaning out” old beliefs, fears and habits. It takes a strong desire, a clear sense of the benefits, a plan with strategies and a way to measure results.

Here are some steps you can take to build your momentum for change:

- ✓ Decide on one goal you want to achieve this year. Write a clear statement about that goal.
- ✓ Write a paragraph about the difference it will make in your life and why it is so important to you.
- ✓ List the strengths and abilities you have that will contribute to reaching this goal.
- ✓ List every fear you can think of that could stop you. Write a sentence about the opposite of that fear. For instance, “I will freeze when I get in front of a group to speak”. New statement: “I speak to people every day. I can speak to several people at one time and enjoy it.”
- ✓ Review your goal statement every night before you get into bed. Reading it aloud is very powerful.
- ✓ Make an affirming declaration: “I am a powerful public speaker. I engage my audiences and provide quality, useful information.”
- ✓ As you drift off to sleep, define one step you will take tomorrow that will bring you closer to your goal. Do this **every** day.
- ✓ Begin your day restating your affirming declaration. Focus on the one step you are taking today to move you forward. That one step is your priority for the day.
- ✓ Do it first and continue on with the rest of your day knowing you are closer to your goal.
- ✓ If you veer off track, stop. Pause for 10 seconds. Envision your life with your goal behind you. How does it make you feel? Start again from where you left off.
- ✓ Enlist support from people who believe you can accomplish your goal. You may have to look around hard for the right person or people, but the effort is well worth it.

Cultivating Change is offering an introductory teleclass, “**The Resolution Revolution**”, on **February 5 at 7:30pm**. Send an email to Renee@landofpossibility.com or call 866-337-2728 for information and call details. The teleclass is *free*; however you will be responsible for paying long distance telephone charges to call into the conference line.

**Make this year YOUR year to celebrate! Join us Feb.5. Experience something new!
Great for young adults and parents!**

For things to be different you have to cultivate change. If you are ready to take action to create and live an extraordinary life, contact Renée for a coaching consultation at Renee@landofpossibility.com or call 866-337-2728. All rights reserved. This may be reproduced with copyright statement and credits intact.