



CULTIVATING THE SEEDS OF CHANGE ©
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The Year of Celebration

Reaching Into Your Mind

The 3 stories in last month's newsletter illustrate how our mindset determines how we deal with joy, disappointment, confusion and upset. Our current mindset was formed from our outlook on life, our attitudes, perspectives, preparation and beliefs. Our mindset is influenced by our prior experiences and how we evaluate them, our definition of self and our assumptions about current or new situations. Our awareness allows us to consciously filter out the internal thoughts and the external messages which work against what we hope to achieve and allows our mindset to expand.

As we sharpen our awareness of how thoughts and words affect us, we can learn how to channel our thoughts or reactions towards a more powerful message. Can you catch yourself sometimes thinking unproductive things like, "Boy, was that stupid! How dumb can I be?" When you notice you are having negative thoughts about yourself, another person or an event, stop those thoughts and begin thinking more productive thoughts.

Men imagine that thought can be kept secret, but it cannot; it rapidly crystallizes into habit, and habit solidifies into circumstance. James Allen

When we increase our awareness of words and messages around us, we create the opportunity to change our mindset to better match our goals. As our mindset changes, so will the experiences we have. Do you remember being in a group where some members obviously did not want to be there? The conversation goes something like this:

"I can't believe they are making us sit through a boring meeting. I have better things to do than sit around here listening to something I don't care about .."

How do you react inside when you really are looking forward to the event? Do you begin to feel disgruntled, maybe even angry that others around you aren't as eager as you? Have you noticed that your mood changes?

Our mindset, or state of mind, focuses how we hear, see, feel and act. As the awareness of our mindset increases, we can learn to focus better and as a result, we can get better results.

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One of the easiest ways to begin to change or refocus your mindset is to change the language you use. With the use of more powerful language, the *way* people interact with you will change and the *people* who interact with you will change. Experiment with using more powerful words to describe something you want to accomplish by replacing these words or phrases (or others like them): try, have to, doubt, can't, never, take forever, too hard, don't want, think, maybe. Read the sentences below:

“I am trying to finish this application. I have to get into this college although I doubt I will. This is taking forever! I’ll never finish!”

“I am working on completing this application so I have a good chance of getting into this college. The time I spend is worth the shot!”

What difference did you notice in the power of the above sentences?



Do you sabotage your efforts by qualifying what you say? Practice recognizing qualifying language by circling “suspect” words in the following sentences:

The only experience I have to offer is from a long time ago.

I am not really good at this yet.

I’m feeling better today.

I’ll try to find out.

I am not sure if I can attend.

It’s not like I intend to hurt anyone; I just say it like it is.

I just never have been able to stay organized.

I plan to be famous one day.

I wish I had more time.

I meant to follow up; I just haven’t yet.

I have been so busy I haven’t been able to get anything done.

I usually pay attention to detail.

The ability to reframe these statements indicates that you are beginning to develop a new mindset. But remember, just like a gardener who sews seeds, you have to tend to the new mindset in order for it to grow.

Can you change the above statements to reflect more powerful messages? I invite you to email your responses to Renee@landofpossibility.com.

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.