



CULTIVATING THE SEEDS OF CHANGE ©
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The Year of Celebration

Oh, Say Can You See?

The last two months' newsletters have addressed how to create a new mindset and some of the ways our mindsets can hold us back. This month's topic is focus: the habit of consciously choosing our mindset.

For instance, what did you focus on this morning? Were you thinking about how tired you feel or wondering if traffic will be heavy on the drive to work, or were you dreading the weather or your doctor's appointment? What you find yourself thinking about first thing upon waking and *how* you are thinking about it make a difference as to how your day will progress.

Jack has been having difficulties at work managing his department. The employees are not receiving his feedback well and are not taking advantage of his insights. He is always willing to share his knowledge and feels he supports their efforts. His employees' perspective is that he is there to support them, but he gives conflicting instruction and advice and wavers in his expectations and in his praise. When Jack arrives at the office, his boss is waiting to meet with him.

Jack is notified that his services are no longer needed. Although he has contributed to the company in many ways, Jack's recent indecision has led to decreased productivity and confusion.

Chrystal works as an Office Manager for a company she has been with for over 20 years. She has been diligently handling an increased workload due to layoffs in her division. She works long hours and voluntarily gives up part of her weekend to make sure things continue to run smoothly.

Recently, the company hired Zena to oversee Crystal's department. Zena has extensive experience in an office environment, but seemingly assumes she has all of the answers to "fix" this department.

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There are several perspectives you can take in any of these situations. If you sympathize with Jack, you may find yourself getting worked up about the injustices of corporate America. You may find yourself feeling agitated and begin to draw parallels between your experiences and those you imagine Jack is going through.

Jack's employees may be jumping for joy or may be afraid they are next. They may feel very vulnerable and hear every communication through a filter of fear for their next meal.

Jack may be thanking the stars that he no longer has to endure the situation. He now has the freedom to move in the direction he has always wanted to go. Crystal's situation is very similar.

Crystal could be grateful that she can now leave without feeling as though she has deserted the company she has strong feeling towards. She may be happy that she now can retire early and begin traveling to places she has always wanted to go. She may pursue opening her own pizza shop.

Jack, Crystal, Jack's employees and Zena all have the choice of perspectives they take and where they focus their attention. Those that choose to focus on what positive changes have resulted from these situations have a better chance of moving through the changes with less friction or *resistance*. The few that see things through a closed mindset will undoubtedly feel anger, resentment, injustice, fear and possibly confusion. Where you focus your attention is completely up to you.

There is a universal law called the Law of Attraction which states "that which is like, unto itself is drawn". Simply stated, you attract what you think most about. A perfect example is the stereotyped old man who never has anything good to say and seems to always be dealing with tragedy. He gets up groaning and moaning about the bed. He is quick to criticize the newscaster for the morning's events. The old man sees nothing worthwhile in his life.

When he buys his newspaper, he receives similar reactions from those he encounters, although not to the same degree. Some people unconsciously choose to attract his negativity and find that they grumble about the bus not pulling close enough to the curb or become less empathetic for the woman juggling a crying child and a stroller.

Is the focus of your mindset beneficial to achieving your goals in life?

For things to be different you have to cultivate change. Take action ! Contact Renée to experience a sample coaching consultation at Renee@landofpossibility.com or call 866-337-2728.

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