



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.4, Issue 8, August, 2007
The Year of Celebration

Summer Picnic-Food For Thought

Summer picnics remind us of tradition, of family and friends gathering for fun and frolic, for renewing friendship and kinship. We picture lazy summer days that are spent dreaming our futures and creating wonderful journeys. As the summer season slowly begins to close its doors, it is a good time to get caught in reverie about what we still want to create for ourselves by year's end.

Please accept this invitation to my summer picnic, complete with food for thought. The menu includes a full course meal with appetizers, soup or salad, bread (and crumbs), entrée, refreshment and dessert. Step up to the banquet table now and begin the feast.

Appetizers-Thought appetizers are those ideas you get sometimes about doing something or going somewhere you have always wanted to experience.

Soup-Soup is the feeling you get when you can't figure something out.

Salad- The choices are endless and you find yourself becoming overwhelmed with possibility.

Bread- Warm and inviting, stimulating the senses, bread creates anticipation of comfort.

Entrée-OH, the center of our attention! The entrée is what we have been waiting for, dreaming about.

Refreshment-Now it is time to relax and revel in our satisfaction.

Dessert-Dessert is the celebration of a meal well done.

Venture forth and discover what course of this feast you are experiencing!

© 2005-2007 Cultivating Change, LLC & Renée Canali, Life/Mindset Coach. Featured author in 101 Great Ways to Improve Your Life Vol. 2. Visit www.landofpossibility.com to subscribe to this complimentary monthly newsletter. All rights reserved. This newsletter may only be reproduced with copyright statement and credits in tact.



GROWTH ACTION PLAN FOR AUGUST 2007 ©

Renée Canali, Life/Mindset Coach 866-337-2728

How much of the meal have you taken time to enjoy this year? Are you experiencing something new or have you met someone totally of interest to you this year? Maybe a new idea has sprouted that you want to explore. This is the appetizer stage.

If you find yourself puzzling over a problem that seems to have no answer, you are in a stew. Sometimes this “course” brings a sinking feeling that things are going awry. You find yourself twisting and turning, stirring and spinning, only to exhaust yourself and find yourself clinging to the edge of the bowl.

Life occasionally offers so many things to choose from that you may feel yourself wandering up and down the salad bar unable to choose what you want next. It can be difficult to decide whether to return to your table without anything or with just a sample of this or that.

Some things bring to mind the feelings we had growing up in life- the safety and security we felt at home, the unending love from our family, cozy days surrounded by loved ones. As we partake of a morsel or two, those memories cool: the new things in our life begin to crumble. We add dressings to enhance our experience, but sometimes end up masking the flavor.

Are you now saying, “This was worth waiting for!”, as you experience the entrée with all of your senses tingling with pure joy? You acknowledge the work that went into creating this delectable treat; this treat made with us in mind and seasoned to perfection.

Have you begun to drink in the beauty of your experience, savoring each moment as it is relived? We are renewing our energy and vibrancy while replenishing the nutrients we depend upon.

Dessert is savoring the flavors, colors and the textures. It is about sharing the experience with others. Dessert is the sweet spot-the place where you realize how magnificent the meal has been and how many people were involved in making it happen and enjoying every morsel.

Life is like a banquet with too many choices-some of which are not good for you-but many to savor. Knowing your taste makes the choices easier.

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.

****August is the last month to qualify for summer coaching rates, including High School and College students.****

All rights reserved. This may be reproduced with copyright statement and credits intact.