



CULTIVATING THE SEEDS OF CHANGE ©
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The Year of Celebration

Stepping IN

One of the members of my mastermind team* made a comment recently about how she keeps painting a picture of her life, but never feels that *she* is part of the picture. This comment reminded me of the scene from Mary Poppins when the characters all jump into the sidewalk chalk drawings. Sure, it's easy to just dream about what will be someday; I invite you to be more than an observer in your life!

Those of you that are self professed dreamers, I encourage you to go on a journey into the creation of your life and become what Michael Gerber, author of The E-Myth books and creator of The Dreaming Room® calls an intentional dreamer. What is an intentional dreamer? Let's find out.

“Intentional dreamer” sounds like an oxymoron. If *intent* is defined as “the state of mind operative at the time of action” and *intentional* is taken to mean “done deliberately” and a *dream* as “a state of abstraction, a wild fantasy of hope”, the term “intentional dreamer” could be defined as “*one who conceives of and considers practical a fanciful idea or hope followed by deliberate action or series of actions designed to bring about the desired outcome*”. The difference between a dreamer and an intentional dreamer is that of action, ***deliberate action***.

Are you interested in becoming an intentional dreamer? Someone who is no longer satisfied with waiting for “someday”? Are you ready to go after the job you want, or go on that trip you've been saving for as far back as you can remember? Are you willing to take deliberate action and begin to intentionally design and implement a plan for your future? I hope you are because last time I checked “someday” was not a day on the calendar. Someday may never come.

*(Defined by Napoleon Hill as “a coordination of knowledge and effort, in a spirit of harmony between two or more people, for the attainment of a definite purpose”.)

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GROWTH ACTION PLAN FOR SEPTEMBER 2007 ©

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This is a great time of year to begin deliberately and intentionally shaping your future. This time of year is a good time to harvest some of those ideas (seeds) and begin to ready them for spring planting. Most successful businesses have a master plan for their future. Their plan changes as conditions and focuses change, but the plan is still in place. Use the business plan model for designing your future.

Start today by determining what it is that you want for yourself that you do not yet have. What is it that you want to do, be or give that would bring you incredible, unending joy? The best way to get what you want is to *know* what you want.

What is it that you really value?

What are the elements of the perfect job?

What lifestyle suits you best?

What type of support is important for you?

How do you want to make your mark on the world?

Here's where the level of your success is determined. You now have an outline of what you are working towards. **Define** small steps in each area of your plan (health, career, finances, relationships, fun, self development, social contribution) that move you forward to the next level. **Purposely** choose to take one step every day towards at least one of these goals: make a phone call to gather information or make an introduction, research one aspect of your financial plan, schedule 30 minutes for healthy fun.

Review your progress each evening and adjust your plan. Avoid criticizing low effort-recommit yourself to taking a specific action tomorrow. If you find yourself immobile in one aspect of your plan, try seeing it from another perspective. Come at it from the other side.

For example, Merci wants to meet more people. She's worked at a not-for-profit company for 2 years now. She loves her work, but finds that she loses herself in the work, leaving little time for fun and recreation. She's so tired after work she just goes home which prevents her from meeting people. She feels her only option is to quit her job. Merci could stop by the gym one night a week, attend an adult education class, shop in a new grocery store or maybe hold a brown bag lunch meeting at her office.

Now look at where you currently are and determine how close you are to achieving the ideal. See the gap between these two places. **List** the components you need to either add or subtract from your current position. **Itemize** those changes you need to make to accommodate your desire. **Repeat** this process for each piece of your future plan.

Life can get crazy if you let it. Schedules and appointments and obligations can take over and define your life. This month I challenge you to begin taking your life back. Start following a plan for your future.

For things to be different you have to cultivate change. Take action ! Contact Renée at Renee@landofpossibility.com or call 866-337-2728. to experience a sample coaching consultation. All rights reserved. This may be reproduced with copyright statement and credits intact.