



CULTIVATING THE SEEDS OF CHANGE ©
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The Year of Celebration

GET IN THE GAP

Last month's discussion was about taking control of our lives again. We stepped in to the role of Intentional Dreamer. For those of you that may not have received the prior newsletter, an intentional dreamer was 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***.

Last month provided an opportunity to begin taking action steps toward defining a more meaningful life. Here's a review of the strategy:

- **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.

What is the next step? You know what you have now and have a better idea of what you are working toward. It's time to work in the GAP.

Don't be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better. Ralph Waldo Emerson

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GROWTH ACTION PLAN FOR SEPTEMBER 2007 ©

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The GAP is the expanse between what you really desire your life to be and how your life actually is. Let's step in to the GAP!

G- Get started. Define in great detail what it is you are striving towards.

How does your life look when you reach your true desire?

What are you doing?

Who do you spend time with? And how is that time spent?

Where do you live? What do the grounds around your home look like?

What do you drive or who drives you and in what vehicle?

What sounds do you hear? What smells surround you?

How does it feel?

A- Take action. Where do you need to be by the end of next year?

What needs to be done by June 2008? Break the steps down by month.

What step (s) will you take today to move you forward?

Be aware of the excuses you tell yourself.

Be accountable-have an accountability partner (A life coach is one option).

Be alert to opportunities that will open doors.

Rise above the naysayers.

Be absolute in your conviction. Make up your mind quickly and change it slowly.

Affirm your desire.

Have the right attitude: rejection is an opportunity dressed as an obstacle.

P- Proceed. Be productive every day. Even on your "day off", you can move closer to your goals. Always do one thing-make a call, research a step, read, save latte or beer money, invest.

Be proactive. Seek out people that have achieved what you want to achieve:

Spend time with them, learn from them.

Prepare: Accumulate the money you will need, develop a support network, take classes.

PRIORITIZE- If you do not make your future the top priority in your life, you

Will discover how frighteningly similar your future is to your present.

Begin with the end in mind!

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.
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