



**CULTIVATING THE SEEDS OF CHANGE ©**  
**Renée Canali, Mindset Coach Vol.5, Issue 4, April, 2008**  
***The Year of Gratitude***

**Change Happens Anytime Never Giving Explanations**

Change is a curious thing. It is: an adjustment, advance, conversion, correction, development, innovation, modification, novelty, refinement, shift, trade, transformation, or variance. Change can also be something smaller than the original form, such as coins. Change can mean: accommodate, adapt, adjust, diminish, evolve, fluctuate, moderate, renovate, replace, resolve, revolutionize.

Change happens around us everyday, everywhere. Nothing remains the same. Some things change slower than others, seemingly staying the same. Look in the mirror day after day and you see the same face smiling back at you. One day, when you look at your reflection, you are amazed how much you have changed overnight. Some of us tend not to notice change until we are faced with a reality that shakes us out of that comfortable place. Others of us that look at ourselves every day and celebrate the changes we see. We embrace who we are at that moment and make the most out of what we have.

It is a human characteristic to find a comfortable place or state of being in order NOT to change. There are countless examples of how far we go to stay in our comfort zone. You may know someone who hates their job, yet begrudgingly returns to the same job every day. There are those classified as perpetual students, so comfortable gathering information that they do not progress to a point where they gainfully apply the information they have accumulated. One of your family members or friends may yearn to move out on their own, own their own home or desire a promotion. They talk about it quite a bit, but there is no indication that they are actively pursuing these things. We seek out a comfort zone, yet what we want and desire is just over the border.

***The last step we take may be only one step short of success. Renee Canali***

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## GROWTH ACTION PLAN FOR April 2008 ©

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Change is happening everywhere as you read this newsletter. Some changes will never affect you, but some changes will. Will you close your eyes to changes around you or will you choose which changes command a response?

Change necessitates choice. Staying comfortable seems easy; but comfortable is not forever. Eventually, that which you have chosen to ignore will need to be confronted. Changes which are necessary for growth and expansion will continuously rear their heads in a variety of situations until you choose to face them.

***There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them. Dennis Waitley***

What are some ways to handle change?

The first step is to *acknowledge* the opportunity for change. While driving in heavy traffic you notice you are becoming frustrated. Acknowledge that you are frustrated. Acknowledge that you can choose to increase your level of frustration or you can choose not to.

Second, *accept* that traffic is the reality at the moment. It is not something you can control. Traffic is a fact. Accept that you have become frustrated.

Next, you can use *OPTION* Thinking to determine what will replace the frustration. Will you be able to find humor in the antics of other drivers? Maybe you will turn the radio to a sing-a-long music station, or start planning a vacation in your mind, or visualizing a quiet, relaxing evening with friends?

Choose to *act* on one of the options. Which option will provide you a safe and less stressful ride?

Be *conscious* of the choice you make. Replace the complaining in your head with conscious thoughts about the action. "I am choosing to sing instead of yell." Practice these steps each time you get into traffic until the practice becomes a behavior and the behavior becomes a habit that replaces your prior course of action.

Go here to ask your question about change: [www.landofpossibility.com/question.html](http://www.landofpossibility.com/question.html)

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