



**CULTIVATING THE SEEDS OF CHANGE ©**  
**Renée Canali, Mindset Coach Vol.5, Issue 1, January, 2008**  
***The Year of Gratitude***

**Gather your Gifts**

The 2007 holiday season is over and a new year has begun. Seders and Christmas dinners are a fading memory. Winter has settled in with cooler temperatures and gray days, encouraging us to hibernate a little while.

While caught in reveries, you may find yourself thinking about gifts you have given and the pleasure they brought to the recipients. But, do you find yourself really giving full thought to those gifts that you have received throughout the year?

Here is a glimpse of the gifts I have received:

Friends and neighbors that take time to care.

Time to try new things and challenge my old patterns of thought and behavior.

More time to enjoy my eyesight-Thanks Dr. Melki.

Support from friends, neighbors, other professionals, family.

Stories upon stories about celebration, growth and gratitude.

Experiences that were presented to me that I would never have dreamed pursuing.

Clients that are eager to discover things about themselves that they previously have been afraid to face.

Smiles on those days I need a little extra encouragement.

Humor! Laughter IS the best medicine.

Here is my gift to you from a birthday card I received in 2007:

Indulge, be happy, dance and sing,

laugh out loud, wear a silly hat,

fully enjoy every gift,

believe in your wishes,

celebrate **YOU**.

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## GROWTH ACTION PLAN FOR January 2008 ©

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One of the best ways to make forward movement in our lives is to fully appreciate all that we have. When we get stuck in a relationship, job, financial situation or time of low health, our inclination is to focus on what is “bad” or “wrong”. We analyze why we got here in the first place and sometimes whine about why we don’t deserve what we are facing.

What if we instead celebrated something for which we are grateful? It may not come as a politically correct thought at first. We sometimes start out with “at least I am not as bad off as..” or “it could be worse”. OK, it IS a start. The second time around you can change the thought a little. Try the exercise below:

- Choose one thing that isn’t going the way you want it to right now. Write a sentence describing this situation.
- Read over your response several times until you can see a word or two that, when changed, turns the feeling of the sentence in a more positive direction.
- Rewrite the sentence with the new spin. Each time your thoughts turn to that situation, repeat the stronger sentence to yourself, reprogramming the way you think about it.

Ex: Original thought- This stupid car is always falling apart and costing me money.

Rewrite - At least the car started today and got me to and from work safely.

OR OK, now that problem is fixed and the car is in better shape.

According to scientists and researchers, it takes 21-30 days of *consistent* effort to make a lasting change. Repeating this exercise each day for the next month will shift your perspectives and you should begin to notice a difference in how you think or feel about the situation you are focusing on.

### ANNOUNCEMENT

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If you would like to share your situation and receive support by email, I am offering a 30 day email program **at no cost** to the first 30 people that send an email to

[Renee@landofpossibility.com](mailto:Renee@landofpossibility.com) with CHANGE in the subject line.

Your confidentiality will be respected.

\*This program will be offered next month for a nominal fee.

You can also BLOG IT at [www.virtualgratitudeparty.blogspot.com](http://www.virtualgratitudeparty.blogspot.com)

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