



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.5, Issue 2, February, 2008
The Year of Gratitude

Time to Change

What is it that you want to change this year?

Each of us wants something in our lives to be different, longs for something to change. It might be to change jobs, to move out on your own, to have a positive and long lasting impact on your community or to believe more in yourself and your ability. The longing for something to change grows within all of us.

There are those that might argue this point and I can appreciate that they have made a choice. Not all of us have enough courage yet to face the reality that every thing changes every day. The changes happening around us sometimes change in such minute increments that without a concentrated vigilance it seems as though nothing has changed.

Some changes occur right in front of us and those that are not ready to accept the change spend their time fighting strongly for the position that it is bad or good, right or wrong, for or against. Change just is. Each one of us gives our own meaning to change based on where we are oriented in life, what we are focusing on, what we fear or resist, what we believe about the world and our relationship within the world and what our experiences have taught us or how we have interpreted those experiences.

What prevents us from changing? The threat of failure! Parents raise their children to succeed and not to fail. Companies reward success and not failure. But failure is part of the process of change. History shows us that it is within failure that the greatest discoveries are made. Discover what you can become. It is time to believe in yourself, to make changes.



**GROWTH ACTION PLAN FOR February 2008 ©
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What do you do now? You must have a plan to make conscious change in order for your world to be a better place. You must become the change you want to see. According to Mahatma Gandhi, "Change is the essence of life. Be willing to surrender what you are for what you could become".

Scientists have determined that making a lasting change takes at least 30 days of consistent practice. Consistent practice means developing a plan, making a commitment and consciously choosing a new way to do something or view something.

Change involves challenging beliefs that do not allow you to accept a new outcome. Change may also push you to the edge of your comfort zone. But the change you choose to make, however small, can affect your life in big ways. Imagine the impact 1 more hour of sleep would have on you. Think about how good it would feel to have 30 minutes a day just for you. Immerse yourself in the possibility of learning something you've wanted to try for years. Determine what change would impact your life in a positive way and begin the change now!

Here's how to begin:

- Write down the top 10 things you would like to change in your life.
- List every benefit you can for making each change.
- Choose the one change that would have the biggest positive impact or that you can commit to making now.
- Select a day this week to begin making the change.
- Identify actions steps to follow.
- Identify as many people as you can that will support you in making the change.
- The night before your start date, list for yourself the benefits of making the change you identified.
- Every morning, look at yourself in the mirror and tell yourself you are ready to make the change. Commit to making a conscious decision to change. Every evening, celebrate your courage for making progress, however small.

**** Due to technical difficulties with last month's newsletter, I am again offering my 30 day email program **at no cost** to the first 30 people that send an email to 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