



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.5, Issue 3, March, 2008
The Year of Gratitude

Do you know WHO you are?

If I stop you on the street and ask if I could get to know who you are, how would you respond? Probably first you would offer your name. Next you would follow with an explanation of how you earn your living, if you have children, where you went to school or what degrees and certificates you have acquired. You may pepper the conversation about your mom and dad, your family background or other interesting facts. But I still do not know WHO you are.

When you are alone and have no one to impress, WHO are you? Describe yourself as a set of values, a banquet of heart-felt passion. Identify the core things you cannot operate without such as optimism, integrity, truth, honesty, appreciation, respect. These things are the essence of WHO you are. The other ways you describe yourself are the window dressing. WHO you are is what's left when all else is lost.

A woman I met several years ago endured the wrath of Katrina. She and her family had some foresight and planned how much and which things to take with them as they left the state before Katrina hit. They approached the decisions very carefully, measuring the worth of any item against what they felt was truly most important to them. They left much of their lives behind.

Shortly after Katrina ceased to threaten the United States and well before the results of devastation began to fade, this family realized home would take on a new meaning. They made hard decisions about whether or not to return to Louisiana and members of their extended family. They treated the future as an adventure full of surprises good and bad; and stepped onto the path, ready to conquer. There are battle scars and things to still overcome. But one thing is certain-they know WHO they are.

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Now is a good time to get to know WHO you are. Believe it or not, you were once in touch with your WHO. Remember back when you were very young and spend endless hours playing by yourself in a world of imagination? You laughed when laughing felt right. You observed with eyes wide open. You said whatever came to you, sometimes causing unintended embarrassment to those nearby. That was your essence.

As you grew older, you learned not to talk about “family business”. You restrained yourself based on your surroundings- no running in church, no talking in class, no singing at the dinner table. The rules for living among others took hold, and as they took hold, you began to lose sight of yourself. Those moments of unfettered exuberance diminished and were replaced by a persona. Your persona is built upon WHO you are, but is cloaked in expectation and ego. Let’s get back to your WHO.

Choose a time and place that allows you to sit undisturbed for 15 minutes with no distractions. You may feel drawn to a park or field or other natural surrounding. I suggest you begin in nature, even your own backyard or stoop. Take three deep breathes and begin to feel your body relaxing. Close your eyes and take three more deep breathes, exhaling slowly.

Allow your mind to seek out barely audible sounds, such as a bird’s song heard over traffic noises or the sound of a far off airplane. Notice what you pick up on. Next, look for something unordinary among the familiar such as a sailboat in a field or a bright ribbon blowing down the sidewalk in front of a house in disrepair. Register your response. What can you feel as you sit there? Is the sun beating down on you or is the wind strong? IS your neck muscle aching? Do you sense pleasure or pain?

As you return from your 15 minute journey, decide WHO you were being just then. Did you notice negative or positive sensations or circumstances? Were you anxious or calm? Treat your observations as a window into WHO you are. What have you discovered?

*Email your discoveries and questions to me. You can find me at the mailbox (Renee@landofpossibility.com) discovering more about you! I’ll be the one with wide eyes, a big smile and an eagerness to share.

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.