

CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.5, Issue 9, September, 2008
The Year of Gratitude

Write Your Own Headline

If you listen to all of the media hype, it sounds like the end of the world is coming. Soon the sun will disappear from the heavens and we will all be swallowed by the abyss. I am not ready to accept this as my fate. I am determined to make the best of what I have left in 2008! I invite you to make the most out of the last 90 days of this year.

I am not discounting the events that are affecting those of us in the United States, nor am I forgetting the challenges that many other countries are enduring at this time. The world is in transition, as it always is. Right now, the transition may seem more drastic as you contrast current events with “how it used to be”.

I wonder what you are doing with the information that is surging toward you from every direction. You have control over how often you listen or how much you hear. Your responsibility to yourself and your family and friends is to limit the amount of content you receive. When you decide to allow some information in, your choice becomes what to do with it. Here are a few choices I have come up with:

Join in the complaining that is taking place around the issue.

Decide if it affects you and how.

Hear what is being said and understand it is someone’s opinion of reality.

Add your own fears and anxiety.

Dwell on the negative and dismiss the positive.

Be grateful for where you are, what you have and for those that love and support you.

At this writing, there are just over 90 days left of 2008. My mission for myself and one I will share with my readers is to focus on moving forward the best that we can in any moment. Please read the [Growth Action Plan](#) for ideas on how we can finish 2008 stronger and more resilient.

GROWTH ACTION PLAN FOR SEPTEMBER 2008 ©
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I invite everyone to focus on what each of us can do in the next 90 plus days to brighten our futures. As Mahatma Ghandi said,

“Be the change you want to see in the world”.

This is what I am encouraging you to do: write your own headlines every day throughout the rest of the year. You can approach this in many ways.

1. You could take a news headline that does exist and rewrite it to better reflect what you want: “US Economy Takes a Bath” could be rewritten to read “ Cleaning of US Economy Results in Brighter Future”.
2. Begin with something you are worried about, such as retirement savings. Write the headline to emphasize your choice or control in the situation: “Patient Investors Triple Retirement Earnings”.
3. Write the story first, then the headline. Write yourself a human interest story about how you overcame an obstacle, large or small. Describe the situation and what steps you took to conquer fears and overcome resistance. Then write the headline or a picture caption.
4. Begin with this headline: Gratitude and Appreciation Win Out Over Fears. Write as many things as you can think of to be grateful for or that you appreciate. I would love your contributions to my blog:
www.virtualgratitudeparty.blogspot.com
5. When you are feeling challenged to take action, write an article on How TO: How To Overcome Your Fear of Taking Risks for Improved Quality of Life or How to Interview for A Job in Times of High Unemployment. Use ideas of your own, advice others may have given, or techniques you have already successfully used.
6. If you run into a day where you just can't start this exercise, write a teaser, such as “Coming Soon to a Theater Near You...Incredible Story of Overcoming The Odds.”

Lastly, I urge you to share with others. Encourage others to join us for the next 90 plus days. Blog your gratitude and appreciation. Send in your creations to Renee@landofpossibility.com. I will share, with your permission, those submissions I receive. **Each week, I will select from that week's entries, one person to receive a one hour coaching session at no cost!**

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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