



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.6, Issue 8, August, 2009
The Year of Illumination

A Beacon of Light

I believe each of us is a role model whether we are aware that we are or not. Our daily actions show people who we are and guide them in their interactions with us. Our actions or inactions influence others. Think about what influence you are having on people you work with, your family members and those you meet in passing.

Often our focus is on how others relate to us, not on how we relate to other people. Our awareness is focused on how outside interactions impact us. We may excuse our behaviors at times without realizing what we have modeled to those around us. What if we were aware more often of how we are affecting others through our interactions with them?

In his newest book, Excuses Be Gone, Wayne Dyer talks about two big excuses we all use to explain why we are the way we are. The first excuse is that we were born this way and have no real choice about how we act: it's genetics. The "rich" are uncaring, deceptive, and dishonest. Those born with little wealth are described as lazy, unmotivated, and criminal.

The second excuse is that how we behave is how we were brought up; a family tradition. American folklore tells of the feud between the Hatfields and the McCoys, two families that carried out a feud from 1865 to 1891. The McCoy's son was murdered on his return from the American Civil War. The Hatfield clan was suspected of the murder, but was later cleared. The families modeled disrespect, hatred, greed and many unfavorable characteristics during their feud. It became a family tradition.

Gandhi said, "We all take different paths in life, but no matter where we go, we take a little of each other everywhere. We have to be the change we see in the world." The question is whether we are giving our best to others or our worst to others. Are we reflecting what is wrong in the world as we see it or are we projecting what is right?

In other words, are we illuminating or casting shadows?

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GROWTH ACTION PLAN FOR August 2009 ©
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Where is your level of awareness according to Stephen Covey's Circle of Concern and Circle of Influence? In his book, The 7 Habits of Highly Effective People, Covey describes the Circle of Concern as the place where negative minded people concentrate their energy. Their concentration is on the issues they are concerned about most; not on what they have control over. The Circle of Influence is the area in which proactive people expend the most energy; they concentrate on changing things they can do something about. These individuals choose to be proactive and by doing so, operate from their value system.

Whether you are operating more in the Circle of Concern or The Circle of Influence, you are modeling that to others. You can make sure the influence you have makes the world a brighter place.

Here are some suggestions for illuminating your influence in the world:

- Identify your most important values and use them to guide your choices.
- Become aware of your negative emotions. Negative emotions can indicate a conflict in beliefs or an imbalance between your values and your actions.
- When faced with a situation you have a strong reaction to, pause before reacting (unless it is a life/death situation or a flagrant violation of human rights).
- Modify your initial reaction to a situation so it becomes a bit more positive.
- Stop yourself from replaying an incident in your head or retelling a negative story.
- Take every chance you get to celebrate your gratitude and show it to others.
- Avoid taking part in spreading rumors, or listening to gossip.
- Accept others as they are. Allow them to live the way they need to live without condoning or inviting poor behavior.
- Let go. Practice the art of forgiveness. Move on.
- Look for the lesson in unpleasant situations; this is the opportunity to grow.
- Review your day before you go to bed. Make note of things you will improve on.
- Ask your family, partner, coworker, etc. to give you feedback on their experience with you this week. What would have made the interaction(s) more satisfying?

Announcements: Beginning at the end of September the Accountability Coaching Group will begin. If you haven't yet made a change you keep talking about, this group may be for you! Contact me for details. Also, watch your email next week for an exciting offer.

The choices you make determine your results. Decide to take action ! Contact Renée at Renée@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.