



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.6, Issue 2, February, 2009
The Year of Illumination

Building The Desire

A special friend of mine started his day as he did many others. The alarm jarred him from a deep sleep. Not wanting to get out of bed, he rolled over and turned off the alarm, settling in for just a few more minutes of bliss.

Suddenly, he jumped out of bed. A loud noise had startled him awake again. This time, it was the trash collection outside his bedroom window.

“Holy cow! I’m late!” he yelled out loud to himself. “Fool! How could I do this again?”

Hurriedly, he grabbed a shower, got dressed and hurried out the door without breakfast. He started the car and forged ahead toward the Interstate highway towards work. So far, so good he thought to himself. Turning the radio on, he hit the select button for local news.

“The economy is indeed in a recession,” the newscaster announced. “The president has scheduled a meeting...”

The voice trailed off as he changed lanes and his thoughts wandered to his own circumstances. So far, he has been able to keep his thoughts pretty positive, celebrating what he still has: a home, a well paying job, transportation, his health.

“Boy, this news is enough to shake anyone to the core.” He remarked to himself. “I sure don’t want to fall into the trap of being fearful of everything around me. What can I do to keep my head above water and my eye towards my future?”

The ultimate value of life depends upon awareness and the power of contemplation rather than upon mere survival. Aristotle

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GROWTH ACTION PLAN FOR February 2009 ©

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How can you continue to move into your desires when you are seemingly surrounded by deteriorating conditions and growing levels of fear?

There are several things you can try which may keep you headed towards building your future. Although some may sound simplistic and do not seem to have “meat” to them, any one of these can be the key toward progression and a deterrent to regression.

1. Know your own reality- Take an honest look at your current circumstances. When you hear of a new economic development on the news, ask yourself, “Does this reflect the truth about my situation?” OR does it just bring your fears to the surface?
2. Discover what beliefs you have surrounding those fears which surface. Which beliefs come from your past or from the opinions of others? What do you choose to believe about your current situation or that of the near future?
3. Test whether or not your fears are based in reality. Which of your beliefs perpetuate fear? Which of your habits would lead you to abandon what you have worked for or yearned for without a fight? What habits will support you as you “give it all you’ve got”?
4. Which part of your comfort zone is being tested? Allow yourself to explore the discomfort you experience when you imagine “the worst”. How much would it really take for you to get to the point where you could no longer function?
5. Discover what you resist. Many times we find opportunity in those things we are most afraid of experiencing. Take one step toward the boundary of your comfort zone.
6. Focus forward. Where were you heading before the world seemingly turned on its side? You may have been heading back to school or maybe you were planning to volunteer to build a Habitat for Humanity house this summer. You may have planned to cut back on your work hours to take better care of yourself. Find a way to move toward these dreams under the current conditions in your life. Now is not the time to let go of those desires, but to build them.
7. Discover WHO you need to be in order to conquer what lies ahead. Which of your skills and talents will provide a steady foundation from which to launch a new outlook? Use these talents and skills to reach out to others. By giving to others what you need for yourself, everyone involved grows in strength.

The only limit to our realization of tomorrow will be our doubts of today. Franklin Delano Roosevelt

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.