



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.6, Issue 10, October, 2009
The Year of Illumination

Commit to Change

You alone choose whether the impact of change on your life is positive or negative. Reacting to change is an indication that your mindset is not primed for using change to your advantage. Responding to change opens the door to creating your own innovative solutions to changes you face daily.

Change is a never-ending process. And like every other process, the steps you follow facilitate incremental movement from one phase of change to another. To do this you must first be willing to make a commitment to discovering new things about yourself and your life. If there is a part of you that yearns for something simpler, you have the willingness to begin the process.

Commit to modifying your perceptions about occurrences or changes in your life. Focus on seeing a more positive outcome while letting go of something you see as negative. For instance, you may know of someone who has lost a job and found the courage to forge ahead and change something about their situation. Often these “forced” changes awaken something inside.

You can learn how to accept change before you get to the point where changes of large proportion are “forced” upon you. Take the example above: you may currently be in a situation that no longer feels right for you. Maybe it is a relationship you “put up with” or maybe you are tolerating a living space that is making you feel sad, uninspired and sucks the energy out of you. What keeps you right here, in this place of disempowerment? The earlier you face this discomfort and the ideas or beliefs behind it, the less likely you are to remain immobile; dreading the day you will be faced with unimagined change.

“In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.”

Eleanor Roosevelt.

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The most common definition of change I have heard is “to cause to be different”, with many of us believing that causing things to be different is something to be avoided. Change is also defined as a substitution of one thing for another, such as a change in habits; giving and taking reciprocally or exchanging something for something different; or passing from one phase to another.

1. Commit to redefining change from a narrow view to a broader one and expand the range of choices you discover. Facing change with resistance limits us to choices we have previously made. Be willing to see what it is you resist about a change and seek the opposite of that.
2. Commit to trying a new perspective. See change as a choice to realign. Actively choosing change is choosing to realign our beliefs, values, behaviors or habits, fears and perceptions of who we are now. We choose what we accept as our reality and the meaning we give to our experiences.
3. Commit to bravely taking on discomforts and addressing irritations before they become overwhelming and “forced” change. The contrast through which we filter change appears as a choice between two opposing things. Choosing to view things as either hard or easy, most likely we choose the path we believe offers the least resistance, or “the easy way”. Resisting any choice beyond “easy” can postpone the results you want. By taking that “easy” choice, you may find that in just a short time you are once again faced with the same decision.

"Any day we wish we can start the process of life change. We can do it immediately, or next week, or next month, or next year. We can also do nothing. We can remain as we are."

Jim Rohn

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**Announcements:** Eliminate the Haunting of Your Mind 2 part Teleclass- Based on the recent workshop in Baltimore, MD. Begins Nov.10, 2009. Visit [www.landofpossibility.com/events.html](http://www.landofpossibility.com/events.html) today. A gift for all attendees.

The Accountability Coaching Group is accepting new members. If you still have unrealized goals or unfulfilled commitments, it's time to make that change with support from like minded people. Please contact me for details. [Renee@landofpossibility.com](mailto:Renee@landofpossibility.com)

**COMING SOON-** The launch of the powerful book I spoke about last month was postponed from Oct. 8 until **Nov.5**. I have learned so much from this product and continue to learn more each time I read it. I can't wait to share it with you! Watch your email Nov. 5 for details. This is a don't miss opportunity.

The choices you make determine your results. Decide to take action! Contact Renée at [Renee@landofpossibility.com](mailto: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.