



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.6, Issue 3, March, 2009
The Year of Illumination

Lighten Up

Last month's newsletter focused your attention towards creating a dynamic future. One of the exercises suggested was to discover what you resist. When you experience stress in your life, you are resisting something. Taking care of yourself by reducing resistance is one essential ingredient necessary for a dynamic future.

When your priority is to take great care of yourself, you are better able to take care of others. You are better prepared to weather unexpected upset. And, you have the energy to work towards creating your future.

A man too busy to take care of his health is like a mechanic too busy to take care of his tools. Spanish Proverb

Today many people feel surrounded by stress which they feel is caused by the economy or their company or a multitude of other things. Hanging on every word of the evening news causes stress for most of us. The unknown direction or future of your company can fuel fear that job security is in danger. As prices rise and stores go out of business, choices may become more difficult.

Any time we allow ourselves to make choices which cause stress, we also invite others we interact with to experience our stress. Years ago, I was given an eye opening experience about how my stress affects others. I had something happen at work that I was upset about. I thought I had put the situation out of my mind as I drove home to pick up my kids from daycare. I cheerfully hugged and kissed them and got them in the car. As we pulled into the driveway, my daughter who was 3 at the time, asked, "Mommy, what's wrong?" This blew me away since I had put the situation out of my mind.

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GROWTH ACTION PLAN FOR March 2009 ©

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How we react to a situation is a choice. Every one of us experiences effects of a world seeking balance. How we choose to view the circumstances determines whether or not we create opportunity or misery.

Today is your first opportunity to move towards balance in your life. Here are some strategies to help you lighten up:

1. LAUGH! Watch comedy or force yourself-Laughter is good medicine.
2. Reduce information overload. Consciously choose what you listen to.
3. Notice when your thoughts feel negative. Think something more positive.
4. Reduce your exposure to commotion and noise. Seek serenity.
5. Spend time observing young children or puppies at play.
6. Increase time taking care of yourself.
7. Ask for ideas when you are “stuck”. Then, just consider what is offered.
8. Take things one detail at a time. “Inch by inch, everything is a cinch!”
9. Take a 10 minute sanity break every day at work. Close your eyes and breathe.
10. Refuse to compare yourself with others. Focus on what you want to experience.
11. Find a meaningful quote to guide you. Repeat or read it often each day.
12. Celebrate all things you accomplish: even if it is getting up or surviving!
13. Visualize what you are working towards creating in your life.
14. Listen to upbeat music with inspiring lyrics.
15. Get physically active 10 minutes every day. If already active, change it up.
16. Experience nature. Walk in the park, take a scenic drive, or hike.
17. Try something new.
18. Practice gratitude. List what you are grateful for every night before bed.
19. See “who” you are being. Choose actions that support who you really are.
20. Take Action! One step creates forward momentum.
21. Schedule a no cost, no obligation coaching session with me!

NOW is the best time to take action! You can choose how to use the energy that you have either to resist the unknown or to embrace self care. Choose peace and happiness as a guiding light in your life instead of stress.

As we cultivate peace and happiness in ourselves, we also nourish peace and happiness those we love. Thich Nhat Hanh

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.