



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.6, Issue 12, December, 2009
The Year of Illumination

Next Steps, New Directions

During this past year I have shared ideas, suggestions and perspectives on changes and choices. Many of you have made conscious choices to step out of your own comfort zone and begin making incremental changes from where you are while rediscovering who you really are through your values, passions and your spirit.

Your focus is on moving forward and heading off fear. You continue choosing thoughts purposefully, celebrating changes you have faced, have made and have recognized within you. There have been times when you recognized resistance in your reactions and decisions and have chosen to move forward rather than react.

You now realize more than ever that succumbing to fear renders us powerless and that believing you have no choice keeps suffering strong. Each of us has two primary choices: to accept what is or to choose to accept the responsibility for changing that which holds us back. Choice demand accountability and we are moving further into being accountable to ourselves.

When we are afraid we ask “why me?” When we face change we ask “what lesson does this bring me?” You are now making choices from a new perspective. Your awareness that old experiences may color your current choices allows you now to lean toward curiosity and away from harmful criticism. You are in the process of realigning with your truth-finding out who you are when you remove the conditioning and parts of your belief structure which are based on the opinions of others.

You now stand in the light of knowledge. You practice awareness of self and of others. You consciously choose to change resistance to acceptance as we realize the costs of fighting change. Change is a never-ending process. I support you in continuing to expand your perspectives, your choices and your opportunities. I urge you to stand in the flow of change; letting go of your anchors by facing choices, identifying clues, taking action and continue realigning with your values. My wishes for you in 2010 are in the Growth Action Plan.



GROWTH ACTION PLAN FOR December 2009 ©

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New Year's Dawning

CELEBRATE

As this year retires and a new one is born
Take time for yourself and toot your own horn.

Write down a list of all that you've done,
Places you've been and things that were fun.

GRATITUDE

Write all you have given and all you've received
Reflect on the worries and what you have grieved.

Know in your heart you've done your best,
Given your all, passed the test.

PREPARE

Gather your power, your strength and resolve.
Life is a mystery for each to solve.

Gather your talents, your strengths and your skills.
List all of the dreams you wish to fulfill.

PLAN

Then gently, so gently turn toward the sun.
A new year is dawning, yet has not begun.

Take note of the things you want to achieve,
What you value and what you believe.

PROGRAM

Focus on feeling the best you can feel.
No matter what life chooses to deal.

Believe in yourself. You are a treasure.
Life is good if you choose a new measure.

ACT

Listen closely as life brings you news.
Trust yourself and follow the clues.

Life is simply a matter of chances.
Choose your music and start the dances!

Renée