



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.6, Issue 9, September, 2009
The Year of Illumination

Preparing for Harvest

Since January we have been on a journey to illuminate our lives; to bring out of the shadows those habits, routines and beliefs which have held us back. We began with spending time clarifying what we truly want and creating our dream for a meaningful life. With conscious awareness we continued to focus on the dream. We now understand what things may prevent us from continuing our journey, such as stress and the choices we have made. We next discovered what specific changes we might pursue and charted a course for moving forward. Our perspectives began to shift by one or two degrees, plowing the way for us to expand our view of our conduct in the world and what we model to others.

This journey provided opportunities to discover ourselves and what we realize is truly possible in our lives. We have cultivated the foundation for our future: we prepared the field for our dreams. We began the process of ridding our lives of “weeds” that cause us stress and prevent us from recognizing and making choices which feed our purpose in this world. We continue to build upon the lessons we have learned and are more aware of how others may perceive us in the greater world. Our new awareness and perspectives on change allow us to pay attention to the pains we feel and cause others when we resist necessary change.

Resisting change causes us to live in a state of fear and to identify ourselves as victims. We grow more and more uncertain about our ability to choose what we have in our life. Resistance causes us to withdraw from the “land of possibility”, stunts our inner growth and prevents us from making the meaningful contributions we are meant to make to those around us. Throughout our journey together, we have begun to eradicate these unhealthy habits and routines one shift in perspective at a time. Now, we must begin to harvest the fruits of this process, nourish our souls and prepare for the next leg of the journey.

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GROWTH ACTION PLAN FOR September 2009 ©

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The first step to harvesting the rewards of our efforts is to review the costs of resisting change. Avoiding or resisting change renders us unable to effectively recognize opportunity. We doom ourselves to live in a world of doubt, fear, drama and uncertainty. We stunt our growth. Our reactions to difficulties may repel those willing or able to help. We feel out of control.

Next, accept that change will and does happen without our consent. It is not necessary or advisable to change just for change's sake. Change can be leveraged by sifting through enough information for us to make a conscious and deliberate choice of what we desire; not what we choose to ignore or avoid. Ask questions and invest time in what works.

Respond to change for what change can bring you. Let go of what's going wrong and focus on where you can go next. Begin to clear out and let go of things, habits, and beliefs that no longer benefit you. This creates space for new ways of seeing and doing that will lead you to what you truly want.

Your mind is the tool that will change your habits. Establish new habits by using your mind to take one small step toward a goal and match your thoughts with that goal. Notice what it feels like as you progress. If you are both afraid and excited, you are moving in a good direction. If you disregard information without consideration or justify not making a change, review step one.

Commit to your growth and develop a plan for change in your life. Think about where you want to be: begin with the end in mind. Engage a supportive and willing person to support you in your quest.

Take action then take inventory. What worked and what didn't? What information or support do you need before taking another step? Adjust your direction and take another action. Ask for help and expect it will be given. The more steps forward you take, the faster you will build momentum. If you just sit there waiting, your dreams may never come true.



Announcements: 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.

COMING SOON- Watch your email October 8 for a powerful new offer! 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.

The choices you make determine your results. Decide to 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.