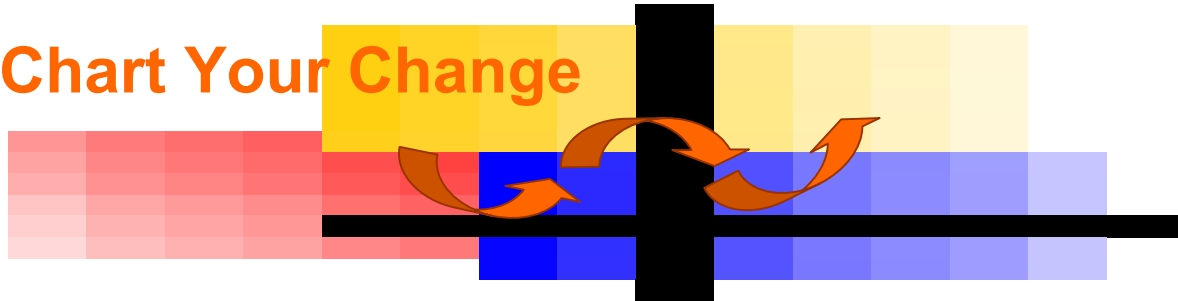


# Chart Your Change



“Don’t let what you can’t do  
interfere with what you can do.”



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Welcome to ***Chart Your Change***, the first issue of this exciting Newsletter. You are receiving this e-zine because we’ve either worked together or we’ve met before, either at an event, classes I’ve taught, or conversations shared. I am thrilled to share this latest project with you. Enjoy!

***Chart Your Change*** is your select source for inspiration, coaching tips and personal development. We share the very best of essays, research studies and success tools for taking your human potential to the top of Maslow’s pyramid: self-actualization and transformation.

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1. Quotes of the Month
2. Step into It
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### 1. QUOTES OF THE MONTH

*"I asked myself: 'What is so important that I want it for the rest of my life?' I made a list of 10 things that I wanted out of my life, forever; and 10 things that I wanted around forever... Bamm! Instant life plan. And, it only took me 20 minutes."*

- **Thomas Leonard**

*“Whatever we expect with confidence becomes our self-fulfilling prophecy”*

- **Brian Tracey**

*“There is no scarcity of opportunity to make a living at what you love to do. There is only a scarcity of resolve to make it happen.”*

- **Dr. Wayne Dyer**

## **2. STEP INTO IT**

What you complete in a year can astonish you. Boldly fill a page or two with your accomplishments of 2005. You have so many and if you don't see them it's because your thoughts are bringing up what you are not, instead of all that you are.

Now pat yourself on the back for moving forward in your journey. Be excited about the possibilities you will open yourself to this next full year of your life and imagine yourself surrounded by the exact conditions in which you will experience your success. How does it look? Paint that vivid picture in your mind and center your attention on it every day:

- Just keep moving
- Write your goals down
- Write your goals down, really
- Feel good about them
- Make a plan and be clear
- Have a deadline
- Get all the help you need to commit and follow through

## **2. HOW WE RESIST CHANGE**

We all know that change is inevitable: change in personal and professional circumstances and change within ourselves. Fear of change is universal; yet, we can only grow in any area of our life through change. Knowing this, how can we manage change?

Here are some of the ways we resist change. Knowing this can help us manage change:

### **Ignoring our intuition**

*Denying your inner knowing in order to avoid painful consequences in the short term.*

Intuition is a feeling. When you are resisting feeling in any area of life, your access to intuition is restricted.

### **Being judgmental**

*To avoid dealing with your own issues.*

Often, what we find annoying or uncomfortable about another person is a mirror for what we dislike about ourselves. To avoid the feeling on the inside, we judge the person or experience on the outside.

### **Limiting self-expression**

*Holding yourself back out of the fear of losing the approval of someone or some group.*

Sometimes unconsciously and sometimes blatantly we don't go for the big "life-changing"

opportunity because we are afraid of leaving someone behind - presumably someone who NEEDS us (or we feel that we need them).

These are some ways we resist change, but remember, change is happening because you've outgrown your current situation. At this point, you can either join the tide towards your unique future or stay aligned to what is no longer useful in your life.

### TIPS FROM THE COACH

The Workplace - Giving Negative Feedback (Be aware of your intention)

- Are you in an appropriate mood or attitude to give honest, empathetic feedback?
- Is the other person in the right mood to receive it?
- Can the person receiving the feedback do anything about it?
- Will this increase your respect for yourself and for the other person?
- Are you willing to work with and support the other person?
- Are you sure that none of your hang-ups are in this feedback?
- Is it possible that instead of feedback or in addition to, this person needs more guidance, support, etc.?

### Have a Joyful Month

Flo

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**Request Flo for your next event. In addition to being the founder of Thinking Well Consulting, Ms. Mauri is an Executive Coach and Educator at NYU, teaching Organizational Behavior, Emotional Intelligence and Management Styles. She is certified in Conflict Resolution and Organization Development. Ms. Mauri specializes in assessment tools and self-awareness techniques for maximizing human potential. Are you getting in your own way of advancing your true aspirations and talents? Are you experiencing challenges in your business relationships and want to breakthrough repetitive no-win cycles? Are you ready to define and lead with your strengths? A coach can help you take action to achieve your goals. Contact Flo today for a conversation.**

If you enjoyed this issue we'd love it if you'd spread the word. If you receive this newsletter as a forwarded message and would like to opt-in on the list, send an email to: [flo@thinkingwellconsulting.com](mailto:flo@thinkingwellconsulting.com) and type "Add me in," in the subject line. If this email address has been mistakenly added to our list and you want to be removed, please type "unsubscribe". Your e-mail address is never shared with anyone without your permission.

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