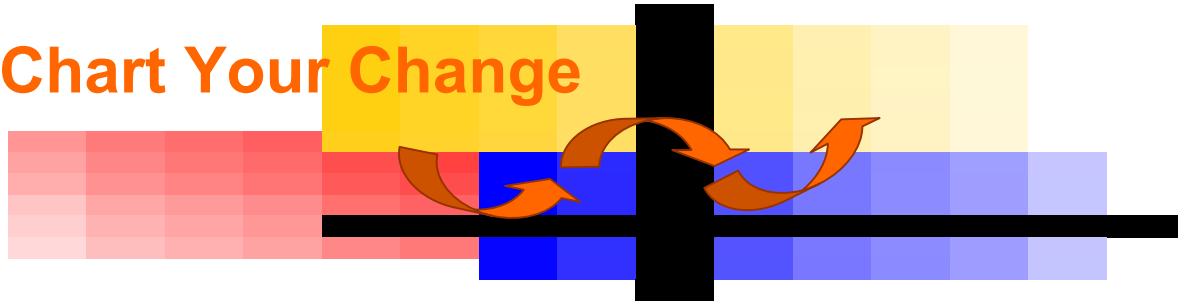


Chart Your Change



“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

- *Oliver Wendell Holmes*



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Welcome to Chart Your Change.

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1. QUOTES OF THE MONTH

“Man’s mind, once stretched by a new idea, never regains its original dimensions.”

- *Oliver Wendell Holmes*

2. LESSONS LEARNED - THE OLYMPIC METAPHORS

The February Winter Olympics are virtually gone from memory now. What lingers on in my mind are those instances when the unexpected happened. These were great and remarkable athletes at the peak of their readiness.

Yet, many of the “star” performers had disappointing results. The challenge of the downhill or the ice rink was something many had prepared for all their lives. The emotional responses to the considerable stress of being in front of the entire world and competing in the biggest game in town, was something that none of the athletes knew

how they were ultimately going to handle. They had trained to be totally prepared but were they mentally prepared, as well?

So, what traits or attributes make the difference between being a great athlete and winning the gold?

- **FOCUS**

One of the most memorable incidents was the moment Lindsey Jocabellis was poised for the gold. She was at the bottom of the slope, well in the lead - in fact, no one else was even close to her as she was snowboarding to the finish line. At that point, she jumped and tipped her snowboard, in what is called "showboarding." She lost her balance and fell. She was able to get up and recover to finish in second place.

In the most unforeseen event witnessed, you could almost hear the collective intake of air by every spectator present. In everyone's mind, the gold was won and yet in a split-second, lost. Jocabellis believed in herself, but her decision at the very end was regrettable. She became distracted by her own huge lead and celebrated her win before she crossed the finish line. Yet, when we replay this scene in our minds, there is a primal knowledge, an association, perhaps an empathy with the one who lost gold, because we ourselves have been there.

We can all remember a time when we didn't quite measure up to the task at hand. Perhaps we lost sight of the expected outcome. We are thinking of something else when what is urgent and important is in the present moment where our focus needs to be.

- **CONFIDENCE**

The ski jumper who won gold in Salt Lake City four years ago was not getting close to his previous 130 -140 meters jumps. Simon Ammann of Switzerland jumped 93 meters and did not even qualify for the final. The expectations were so high, even the commentators were baffled. What was going through his mind? Was he embarrassed not to measure up to expectations? Did he lose his confidence? Was he not focused on winning? Was he intimidated by the pressure? Simon later commented that, the difference of how well you do is a reflection of the game you play in your own head. The minute you allow one thought of self-doubt to enter your mind, you have lost the game. You must believe in your heart and mind that you will win because this is the message you are sending your body.

Do you believe you can? How often do we lose perspective and sight of our aspiration because something external has been introduced into our psyche that challenges us to keep our confidence in check? Are we aware of the power of our own thoughts and how negative thinking can harm our self-esteem? Do we check our mental attitude to support our intentions?

- **COURAGE**

Zhang Dan, the female partner of the figure-skating pair from China, had a terrible fall coming out of a quadruple element. The program was stopped while her handlers examined her knee injury. She was clearly in excruciating pain, but she gathered herself and continued the program from the point of the fall. The pair challenged the extreme limits of what a human being can do and went on to win silver. They had an overwhelming desire to go on! From my perspective, she got the gold for courage and heart.



In the face of failure and loss, we can pick ourselves up and with nothing but heart, finish our game and do our personal best.

Think of a time when you knew what needed to be done, even at great personal cost, but chose another course of action. In hindsight, did you actually sacrifice more by not taking a stand? Was it a valuable lesson in what not to do next time? Courage is about standing up when no one else will. We cannot lead others where we are afraid to go.

How do you measure your success (your Olympic gold)? ? Are you *focused* in your pursuit? Do you *believe* you can? Can you find the *courage* to go up against all odds to achieve your goal? What would it take?

3. TIPS FROM THE COACH - TIP #3 - EXCAVATING YOUR LIFE

“Real education consists in drawing the best out of yourself.”
- Mohandas Gandhi

The practice of intentional personal change begins with excavating your life and finding where it hurts. To produce the results that you want in your life, commit to working at it, even when it’s painful (as athletes do when they train and practice daily to be the best they can be). If you have a strong desire to change, to transform your life, then you will be willing to notice daily what is working, what is not, where you can grow and what you are ignoring?

Trust yourself (don’t over analyze) and write down your response to the following:

1. Where are you stuck in your life right now? What is getting in the way of you producing the results you would like?
2. What are you ignoring that may be unpleasant? Are you missing opportunities?
3. What upsets you in your life? Are you distressed by the mistakes you are making? Is there a recurring pattern that keeps showing up?

4. Are your interactions with people frustrating or unsatisfying? Are your relationships not as productive as they can be? What are the issues that come up in personal and professional life?

These are areas that cause hurt or psychic pain. Identifying a recurring issue brings us closer to knowing its root beginning. We can then examine the assumptions we make that so often unconsciously govern our lives. Then assess their accuracy and evaluate whether these assumptions are helping us or hurting us.

After writing your responses, pick one area which you are committed to handle over the next 30 days. Talk with someone you trust and who supports you. Next month, go back to your notes and write down the current status of these issues. Notice the changes you are making. Repeat this exercise often and pick other areas to focus on.

Have a Joyful Month



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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, Emotionally Intelligent Leadership 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 toward 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.

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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