

# Chart Your Change



“Chart Your Change” is about knowing you’re ready for your life to take on another dimension of meaning and growth; trusting yourself to achieve what is possible without yet knowing.



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“Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time.”  
-- Og Mandino

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**Welcome to Chart Your Change**

## In this issue:

1. Quote of the Month
2. A Hidden Jewel Waits For You
3. What I’m Really Thinking / What I Actually Say
4. Tip #19 - The Trouble Tree

## 2. QUOTE OF THE MONTH

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*“Ambition, without a willingness to sacrifice,  
Will lead nowhere.*

*A target not connected to one’s spirit,  
Will never be hit.*

*A dream not followed by careful planning and execution,  
Is just that, a dream.”*

-- Charlie Badenbop

## 3. A HIDDEN JEWEL WAITS FOR YOU

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It struck me as so true, Chris Bourne’s article, “Every Problem Conceals a Hidden Gift.” There was a time when I could not see the gift in the problem or struggle. In my mind, I would go back decades and look at the choices I made (but, from this moment’s perspective) and “re-live” regrets – which kept me stuck in those places. Through self-work, I saw that the “regretful” choices had two elements: knowing the consequences and being in a place and time to make *that* exact choice. With this awareness, I could be forgiving of myself and appreciate that *then* is not now. Surrendering to the truth of the moment, I learned that a (past) choice held for me the promise of future growth. As we experience life in all it’s glory and pain, (and in the vein of “what doesn’t kill you only makes you stronger”), I believe that through our missteps and humbling experiences, we are meant to become more of ourselves, to evolve to our natural level of magnificence. We are meant to peel back all our layers and discover our greatness. There are concealed jewels to be claimed in every struggle we

overcome. There is a jewel waiting for you when you discover the kernel of truth hidden in the problem you are solving or the pain you are experiencing.

*"Every trial endured and weathered in the right spirit makes a soul nobler and stronger than it was before." -- James Buckham*

#### 4. WHAT I'M REALLY THINKING / WHAT I ACTUALLY SAY

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What is your mental programming behind your conversations and actions? I know about those insidious thoughts we all have. Nowadays, I am much aware of those thoughts and sometimes wonder, "WHERE did that one come from?" As an example, I was having a conversation with my godchild about studying abroad and the first thought was, "Really, you don't want to go there." But, I caught myself and realized that the thought was laced with my own prejudice and experience and I needed to allow and empower her to have her own experience. Her experience will be rewarding either way. In any case, there will be many jewels to discover no matter what the experience brings.

*Example of what we really think and what we really say:*

The circumstance:

A manager, George, is in a meeting with a colleague, Robert, who disagrees with him.

What George is thinking:

"This guy must be really stupid or he just didn't pay attention to the report."

What George says:

"Robert, I don't think you would say that if you had read the report. You should have read the report."

What happened?

George was angry and felt insulted that his colleague, Robert, didn't bother to read his report.

Robert's reaction to George:

Robert felt insulted that George assumed he didn't read the report and was not looking forward to working with him in the future.

Action for George:

To embrace a different mental model based on testing assumptions and known facts about Robert: comes from a different background; contrasting point of view is based on his very different experiences and ideas; brings an unlikely and potentially useful perspective. Robert's ideas are just different and not meant to be insulting.

A better response:

Embracing a different perspective of Robert, George might say: "Robert, can you tell me how you came to that idea?"

Can you bring to mind a situation when you were thinking one thing but said something else? Embracing a different mental model, what would be a better way to communicate your concerns?

*If you're ready to be coached or want to find out if coaching is right for you, contact me at [flomauri@aol.com](mailto:flomauri@aol.com) to arrange for a complimentary consultation.*

## 5. COACH'S TIP # 19 - THE TROUBLE TREE

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An anonymous tale --

The carpenter I hired to help me restore an old farm house had just finished a rough first day on the job. A flat tire had caused him to miss an hour of work, his electric saw quit, and now his ancient pick-up truck refused to start.

As I drove him home, he sat in stony silence. When we arrived he invited me in to meet his family. As we walked to the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door he underwent an amazing transformation. His tanned face was wreathed in smiles; he hugged his two small children and gave his wife a kiss.

Afterward he walked me to the car. We passed by the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.

"Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure, they don't belong in the house with my wife and children. So, I just hang them on the tree when I come home in the evening and then I just pick them up again in the morning."

"Funny thing, though," he smiled, "when I come out in the morning to pick 'em up, there ain't nearly as many as I remembered hanging there the night before."

-- Author Unknown

*Your thoughts and comments are always appreciated. Email me at [flomauri@aol.com](mailto:flomauri@aol.com)*

**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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