

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.



“When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing -- then we truly live life.”

-- Greg Anderson

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Welcome to Chart Your Change

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1. QUOTES OF THE MONTH

“When you have a sense of your own identity and a vision of where you want to go in your life, you then have the basis for reaching out to the world and going after your dreams for a better life.”

-- Stedman Graham

“When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice.”

-- Cherokee Expression

2. A MEANINGFUL LIFE?

Are you living a life of passion? It is a fitting time of year to be reminded that we are passing through time and it’s a temporary stay. So much comes to mind, as I reflect on my stay so far. How am I measuring up against my values and beliefs? Am I fully engaged, brilliant and in my greatness? There are times when I have this experience and when I do, I wish to be in this state as much as possible. The more I think about my “purpose,” the more I know what’s important to me: being connected emotionally to those I cherish; being of service; caring about others and wanting to improve the human condition as best I can; expressing myself with creativity.

In Tolstoy's story, "The Death of Ivan Ilyich and Other Stories," we come away thinking: "I will fully live my life while I can!" In this novella, Ilyich, a successful bureaucrat is in the midst of sickness and dying and comes to tragic enlightenment as he examines his life. What is a life without ideals and purpose? He comes to realize that his life has been an empty fraud. And although this realization comes at the end, it nevertheless is a turning point for his inner life, his spirit. This awareness, sadly late, makes him a better man.

In Tolstoy's own words, "Ivan Ilyich's life had been...most ordinary and therefore most terrible." What a horrible epitaph! Nevertheless, this message hits home. There is a certain discomfort in confronting our own mortality and asking ourselves the question: how should one live, given that he must die? Have I lived meaningfully, or wasted my time on this earth? These are questions most of us try to avoid.

At the very end of the story, Ilyich asks: "What if my whole life has really been wrong?" Who wants to be asking that question at that moment? With awareness of our temporary circumstance, every day we live, we can affect a change that translates into a life worthwhile living.

As Edith Piaf (belted out in French): I have no regrets! I always loved listening to this evocative ballad. It inspired me to examine my life, to forgive, to move on, to make amends and dare to live life fully! My version of a full life may not be yours. That's for you to know. Your values and your beliefs will reveal this to you. How will you choose to live your life this year? Making resolutions is about fixing the past. Focus instead, on your present moment, holding nothing but pure potential of what can be, and go forward with that.

*"When patterns are broken, new worlds emerge."
-- Tuli Kupferberg*

3. THE SINGULAR POWER OF THOUGHTS

*"A clear understanding of negative emotions dismisses them."
-- Vernon Howard*

Big change is here! Are you ready? Have you noticed how the pace is quickening? There is faster and more technological breakthroughs; more global connectivity and knowledge sharing; more scientific advancements; more chaos and clashes of ideologies; more convergence and yet more polarization. The human race is evolving. Or is it? There are pockets of humans woven in the fabric of all societies who have embarked on a new path, a new way of expressing our humanness. I know of several thousand who are like a warm glow in a window of a house in the darkest night. These are my kindred spirits, in many ways, and also my colleagues around the world. We are a group of people who are mastering expanding our awareness and growing to our fullest potential so we may support our clients to achieve their aspirations, transform and experience a sense of well-being in every aspect of their lives. How we do this, is of course, through the magic of coaching!

Okay, so this is a bit lofty. But, I bet your thinking process was stimulated and you are excited about your own expansion as a better human being in all your life's endeavors. I have realized that the most powerful element of any coaching program is to recognize the thoughts and feelings you have. Acknowledge that these thoughts are extremely powerful; effecting or creating your feelings, beliefs and actions. As Henry Ford once said, "If you think you can do a thing or think you can't do a thing, you're right."

Any belief you hold (whether limiting or expanding) originated from a thought – and this is something you can change. Are you sending negative messages to yourself? How often are you holding this self conversation? Is it useful to you? Require yourself to monitor your thoughts. Can you see how these thoughts are preventing you from being your best self? Believing you can is a good place to start. Notice how you respond to this mindset change. As you consider “bigger game” thinking, talk about it.

- Tell everyone you know, how things are changing for you.
- This keeps you accountable and makes it real.
- Get support from your friends, family, colleagues, and mentors to reinforce and maintain your new approach to life.
- Get into the habit of writing your thoughts and feelings. There is power in the written word. It activates your mind to consider your thoughts more deeply and encourage you to take action.
- Remember, your consistent thoughts become your reality.

4. COACH'S TIP # 13 - Sweep Away the Clutter

In keeping with the tradition of new beginnings, I propose a “Clean Sweep” in every area of your life with this remarkable, free tool. Have you noticed how all those things you are putting up are draining you of energy? When you stop tolerating disorganized papers, people’s offensive behaviors, crossed boundaries, or your own indefensible habits, you begin to eliminate the drain; your natural energy will flow and you’ll experience renewed vitality.

Go to http://www.thinkingwellconsulting.com/files/Clean_Sweep_Program.pdf to start the cleaning process in areas of your physical environment, your health and emotional balance, money and relationships. This may take a while, but you have all year. Actually, take as long as you need. You will start to experience changes as you start sweeping. At any point, you may wish to work with a coach to move forward quickly and to support you in taking action. You can always email me for a conversation about what is possible.

A very special Thank You to all my brilliant readers, and especially, to those of you who have written to express how much you enjoy this newsletter. It encourages me to continue bringing you new ways of thinking: to see the possibilities in your setbacks; to embrace problems as opportunities; recreate your circumstances to become your best self. I welcome you to share your thoughts with me. Tell me what you’d like to see in future issues. Help me make this newsletter an interactive tool to best serve you.

Have a Joyful January and a Happy and Prosperous New Year!



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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.

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 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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