

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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" Each of us is great insofar as we perceive and act on the infinite possibilities which lie undiscovered and unrecognized about us."

-- James Harvey Robinson

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Welcome to Chart Your Change

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1. QUOTE OF THE MONTH

Two stonecutters were asked what they were doing. The first said, "I'm cutting this stone into blocks." The second replied, "I'm on a team that's building a cathedral."

-- Marcia Longman

2. BEING IN THE ZONE OF GREATNESS

Are you bobbing along like a leaf floating down a river? Are you so comfortable that you are settling for where you are, yet feel dissatisfied and want something more? You cannot create what you desire in life until you change the underlying structures that make your life what it currently is. Robert Fritz, author of "Path of Least Resistance: Learning to Become the Creative Force in Your Own Life" argues that just as wind moves around natural obstructions, seeking the path of least resistance, so do we attempt to move around the structures of our lives--getting by with as few hassles as possible.

What might be more effective is to modify those structures so they no longer block us. When we talk about blocks, we often discover that it is fear which keeps us stuck. Many times, fear shows up to protect us. But often, it prevents us from moving towards fulfilling our aspirations. Oddly enough our desires and our fears are both energy sources. The closer we get to realize our desire, the louder the fear chatter. It may take a leap of faith, trusting your instincts and the belief that, fear is just "False Evidence Appearing Real" – to silence the chatter.

If you want to change where you will be six months from now, start creating the results now! I can tell you that where you are right now is exactly what you want. I know this (and you know this too) – just look at what you’ve created in the last six months. If it doesn’t look like what you think you want, then look at what is misaligned in your life.

If you have a strong desire for something but you doubt your ability to achieve it, it cannot come, at least not right now, for you must bring your thought of desire and your thought of belief into alignment.” – Esther and Jerry Hicks, Laws of Attraction...

When you think of a goal, you need to separate what your brainwashed mind thinks is impossible, from what you really want. If you set goals based on what your fears tell you, (rather than on what you really want). – you’ll find yourself worn down, limited and encountering more resistance.

Getting in touch with your greatness is about respecting your own humanity and allowing all that you are to just be. When you see how you respond and react to circumstances in ways that don’t serve you, you are empowered to create a life of your own conscious choosing, not from a reactive unconscious. Here are some steps:

- Get in touch with your higher self
- Be the CEO of your own life
- Commit to excellence
- Have enthusiasm for everything
- Sustain a laser-like focus on your target
- Take responsibility for your actions
- Express gratitude
- Expect success
- Follow through on your plans
- Champion others

We all have greatness within us and it is exhilarating to be in touch with that magical, sacred part of who we are. I have been inspired to create a FREE one hour teleclass called “Being in the Zone of Greatness.” I am thrilled to invite you to experience a sense of your own greatness. Here are some of the concepts we’ll focus on:

- ***Discover the Roots of Your Greatness
(Self-awareness Foundation Work)***
- ***Relish Your Greatness
(Express your authentic self; create the environment to encourage and validate your growth)***
- ***Being in the Zone of Greatness
(Articulate your desire; embrace a new way of thinking, be in the planning/ action mode)***

“Being in the Zone of Greatness” FREE one hour teleclass will be held on March 1, 2007 at 7 PM EST.

Space is limited. This program will fill up fast. To register and receive the bridge line and pin number, go to www.thinkingwellconsulting.com/registration.html

3. COACH'S TIP # 14 - THREE POWERFUL QUESTIONS

Ask these powerful questions to elicit your own greatness:

1. What exactly (be specific and detailed) do you want in your life? It could be to grow your own business, make a career change, have a personal relationship, etc. Write it down.
2. What do you provide in exchange for what you want? (What do you have of value to offer people?). Write it down.
3. What can I do now that will make the most impact? Write it down.

4. ANNOUNCEMENT

DIFFICULT PEOPLE - POSITIVE APPROACHES

A Four-week Teleclass Series

- Discover why people exhibit bad behavior
- Identify the most common difficult "characters" and learn how to cope effectively with each one
- Identify patterns of difficult behavior in yourself and gain insight into why you're behaving that way
- Explore road maps to positive outcomes

Includes a 20 minute one-on-one coaching session on your difficult person or situation.

Exciting new charter program contains ground-breaking approach. First-time offer at special low price \$100 (a \$225 value). Starts February 20.

For details/registration go to www.thinkingwellconsulting.com/registration2.html

Have a Joyful Month!



Consultant to Emerging Leaders

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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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