

# 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.



Vol. 2, Issue 11  
©2007  
www.ThinkingWellConsulting.com

*"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."*

- Albert Schweitzer

**Flo Mauri – Coach, Consultant, Educator, Speaker**

**November 2007**  
**Supplemental Thanksgiving Issue**

**Welcome to *Chart Your Change***

## In this issue:

1. Quote of the Month
2. A Cosmic Reunion (of Sorts)
3. Tip #23 - What Can You Be Grateful For?
4. Send a Card...

## **1. QUOTE OF THE MONTH**

---

*"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."*

- Melodie Beattie

## **2. A COSMIC REUNION (OF SORTS)**

---

Last Saturday I drove to a town north of Bridgeport, Ct. with two friends I have not seen in over 20 years, to attend a college reunion of sorts. We were the *Lampport Leaders*, a group of passionate young adults interested in human relations and sensitivity training. Today, we might call those themes by trendier topics: Leadership Development, Emotional Intelligence and Diversity Training.

Many of us at the reunion came from far away to see each other after 30 plus years. We connected in that bizarre way when one sees a long lost friend and the years in between are magically erased. It did feel a bit spacey and some experienced a time warp sensation, so it was somewhat cosmic. Nevertheless, to experience the bond that brought us all together such a long time ago was a very special thanksgiving gift. We had a sense of well-being

and a desire to share what was extraordinary about *Lampport Leaders* with our immediate world in some effective, positive and personal way.

Last night, I attended a wake. The man was a neighbor, Armenian and 105 years old. I initially thought that very few people might show up. But the room was filled to capacity with all his relatives and while I did not understand the Armenian service, I was moved by the emotion in the voice of the priest delivering a loving eulogy. It was a tight-knit family reunion for a man who lived long and loved well and was loved in return. I am reminded of the proverbial journey we are all taking and how there are moments of enlightenment on that journey when we come to realize what is truly important and if necessary, set a new course direction to follow our dreams. I would want to complete my journey knowing that I made those close to me happy; that I cherished and nurtured my family and friends and that I did not leave any damage I may have caused, unhealed. All of the accomplishments and life's comforts, while wonderful and gratifying, won't matter much. I will want to be surrounded by those who love me and be able to say to the very young: do something you love doing; love deeply; live life in the moment and visualize your future; while it may be irresistible to do so, choose close relationships over the trappings of success – success won't hold you close at night, it won't give you a soft place to fall.

I am reminded today of all my blessings, my caring friends and family and how fortunate I am to live my passion. I am grateful for those early experiences. They instilled in me a sense of following my own North Star. I want to share my good feelings and gratefulness with all who have touched my life. Thank you.

### 3. COACH'S TIP # 23 - WHAT CAN YOU BE GRATEFUL FOR?

---

What can you be grateful for this week? Maybe you are experiencing personal adversity or frustration in the workplace. Maybe you have lost something or someone. Maybe you're at odds with family or friends. And yet, there is always something that can bring a smile to your face and lightness to your heart. What can you be grateful for?

Before going to sleep tonight, write down 10 things you are grateful for (having a bed, being able to get up from bed, food in your refrigerator, a refrigerator to keep your food...) and see how you feel the next day. Try this for a week. Gratitude is one of the most powerful ways to transform your life. It is impossible to be negative when you give thanks and when you do, you feel good.

### 4. SEND A CARD

---

A Great Idea!!! (sent from a friend to share with you)

When you are making out your Holiday card list this year, please include the following (a recovering American soldier) and send to:

Any Service Member  
c/o Walter Reed Army Medical Center  
6900 Georgia Avenue, NW  
Washington, D.C. 20307-5001

If you approve of the idea, please pass it on to your e-mail list.

Note: Send them a holiday card, and think about sending something after the holidays as well. The post-holiday period is very hard for them. Thank you.

**Warmest wishes for a Joyful and Happy Thanksgiving!**



Coach/Consultant to Emerging Leaders

[Flo@ThinkingWellConsulting.com](mailto:Flo@ThinkingWellConsulting.com)

[www.ThinkingWellConsulting.com](http://www.ThinkingWellConsulting.com)

718-478-7015

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](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.

© 2007 Thinking Well Consulting, [www.thinkingwellconsulting.com](http://www.thinkingwellconsulting.com) Full copyright acknowledgement must be provided when reproducing any part of this e-zine. Articles and intellectual property are the sole property of Flo Mauri, Thinking Well Consulting.