

# 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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*"Making the beginning is one third of the work."  
-- Irish Proverb*

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

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**Welcome to *Chart Your Change*  
(NEW FORMAT: Monthly Destination, True North and Journey's End)**

## In this issue:

1. Monthly Destination: *Begin Again and Get It Right*
2. True North: *Set the Right Direction*
3. Journey's End
4. 2008 Programs

## 1. MONTHLY DESTINATION: Begin Again and Get It Right

*"At every moment of our lives, we choose between safety and growth."*

Whether you start with a firm resolve in January, June or November, there is always everyday life to gobble up your energy. You have a routine, a groove (over time, your brain develops deep ruts – it's a good thing). When you start to develop new pathways, you are asking your brain to begin new construction and this is an uncomfortable state of being until the new path is well worn.

The commitment to change takes place in the imagination and has possibilities in the moment. Living with imagination in the moment is all about change.

When we commit to change: lose weight, be a great manager, manage time better, achieve a personal ambition, what is it that you really want? What does it mean to lose weight or to manage time better? What problem does it solve? What do you think will change?

### **Getting Clear**

Fuzziness around your goals is like driving in fog. You have a destination but you keep getting lost. Getting clear is the first step. If weight loss is your goal, write why you want to lose weight. What will change in your life? If time management is your goal, write down what gets in the way. When you go deeper into your awareness, you will often find there are tender issues underneath your original goal, which, when explored will reveal reasons for the distractions or direct you to the real goal.

### **Have the Passion**

How strong is your desire? Each morning when you awake, have these two questions written out and in plain sight (maybe on stickies): *how badly do I want to lose weight today? What will it mean to me?* These questions will bring up what is in your heart to do. Maybe losing weight is a “societal should” and it really means little to you or it may be a strong desire to feel healthy and be active.

### **Retrain Your Brain**

Know that making a change in your lifestyle or way of thinking is not easy. You are asking your brain to get uncomfortable (remember, those hard-wired routines and habits – the brain loves them!). Who you are is not your brain. Just tell your brain to be patient. You are creating new habits and routines to make it happy again. We know from research studies that it takes 21 days of repeated behavior for a new habit to take root (create new pathways in the brain) and 6 months to make it a way of life.

### **Announce to the World**

The more you talk about your goals, the more real they become. Telling your friends and family is also a way of building a support system to encourage and inspire you.

### **What Will It Look Like?**

Visualize your success so you can recognize it when you get there. Create a dream board or colored chart to document your progress. How will you feel when you accomplish your goal? How will you have changed? How will your life be different?

### **Celebrate Your Accomplishments**

Changing a pattern of behavior takes consistency and perseverance and support. Invite those who are there for you to celebrate with you.

So, before you commit, make sure you are clear about your goals, have passion and energy, put a structure in place to support you: a buddy system, resources, classes. Visualize your success, engage others and make it fun.

Remember, it may take more than one attempt to achieve the end result. Be kind to yourself. Be aware of your resistance, excuses and fears as they come up. Notice the emotions and keep making the choice to continue.

Fear of failure stops many from trying. We’ve all had experiences of success – times when we’ve faced challenges to overcome obstacles. Start with small changes. Your willingness and desire will sustain you. Having support is essential. If you are ready to commit, consider coaching to help you achieve your goals. Call or email me for a consultation.

## **2. TRUE NORTH: Set the Right Direction**

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### **2008 Chart Your Change Business Tips**

- Surround yourself with great talent.
- Partner with colleagues who have a great reputation.
- Who you choose to work, partner and team up with, reflects on you, how others perceive you and even your integrity.
- Are you trustworthy? Do everything you can to earn the trust of others.
- Lastly, if all else fails, listen to your gut. I mean, really listen. Don't deny. Don't ignore. This is your moral compass trying to emerge. Always do the right thing, even when there are undesirable consequences. You know why.

*“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”* -- Maya Angelou

### 3. JOURNEY'S END

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"Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb."  
-- Winston Churchill

"This life is yours. Take the power to choose what you want to do and do it well. Take the power to love what you want in life and love it honestly. Take the power to walk in the forest and be a part of nature. Take the power to control your own life. No one else can do it for you. Take the power to make your life happy."  
-- Susan Polis Schutz

### 4. UPCOMING EVENTS: 2008 Programs

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2008 Small Group Coaching & Workshop Programs:

#### **"Building Blocks for New Managers"**

A 6-step strength-based approach of self-discovery, managing emotions and learning to engage in transformative conversations. New managers achieve levels of personal mastery.

#### **"Bridging the Gap: Developing Leaders for Tomorrow"**

How healthy is your organization's "infrastructure?" Did you know that 95% of leaders lack influence to change the bad behaviors of their employees? In this innovative and cost-effective program, solutions are generated in a collaborative environment where middle managers, the core productivity group, are coached to fully realize their strengths, and to (not only) manage self, but the organization, relationships and change.

Have a joyful month.



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.

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