

Chart Your Change Newsletter



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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RADIO SHOW

Amazing Voices

Join Flo and fellow coaches Ellyn Herbert and Sharron Phillips as they engage in dynamic conversations on the growth, evolution, and empowerment of women.

This week's topic: "Are You Afraid of Your Own Delicious Power?" The recording will be available Friday, April 11. We go live next month.

To hear recorded shows go to [BLOG...](#)

THE GIFT OF INSPIRATION

Vol. 3 Issue: #4

April/2008

Dear Flo,

WHAT COMES UP WHEN YOU THINK ABOUT YOUR GREATNESS?

Read this month's "Monthly Destination," Living Your Greatness!

How you think colors your life, determines your happiness and impacts who you are.

You are not your personality, your self-perception or your belief system (and certainly not your limiting thinking patterns).

You were always meant to embrace all the possibilities that have been landing on your doorstep since you were old enough to take advantage of them. The question is, how aware are you of your potential, your strengths, your value to the world and your limitless possibilities?

Have you opened that door each day of your life (and recognized what is possible) or have you allowed all those possibilities to pile up so high that the door has to be pushed open with all your might?

Do you have a question for me? Click on the new website offering, [Ask Coach Flo](#).

Free special acceleration tip when you take a minute to fill out the [Newsletter Satisfaction Survey](#) and tell me how well you like it and how better I can respond to your interests, personal and professional growth.

"A person's greatness lies in his power of thought."

Take a minute to enjoy,
refresh and reorient yourself
with these cool clips.

"You Become What You
Think About." Earl
Nightingale

Find and spend time with
enlightened beings.

[You Can't Send a Duck to
Eagle School](#)

[The Strangest Secret](#)

Join Our List

Join Our Mailing List!

-- Blaise Pascal

MONTHLY DESTINATION:

Articles on evolving, enhancing skills and
transforming



ARE YOU LIVING YOUR GREATNESS?

Oh boy! This is **THE** question. The difference between success and failure, mediocrity and greatness is... are you ready? It's your habits. People form habits and habits form the future. Successful people make a habit of doing things they don't like to do.

What are your five entrenched habits? Do they support you or sabotage you? Draw a line down the middle of a page and in one column write supporting habits, in the other write sabotaging habits.

There is Nancy and there is Karen. They both set their alarm clocks for 7 AM to go to the gym. Nancy wakes up, turns the alarm off; sees it's raining, it's cold and goes back to bed. Karen wakes up, sees that it's dreary, cold and raining and gets up anyway and gets going. The difference is that one person is focused on the process and one is focused on the reward. Which one do you think will succeed?

Ask yourself, what is one thing I don't want to do today but if I did, it would move my life and business forward? How will you benefit from taking this action? In our example, Karen sees the reward in her mind and focuses on the outcome.

98% of us want to do what's easy (and not see results, but expect them). 2% of us do what we don't like to do because we get results. Procrastination holds your greatness hostage (see Mike Litman's website www.greatnessheldhostage.com). Those times you've experienced flashes of brilliance, you came to know what's possible. Those were times when you were totally in play. How would you like to experience that brilliance all the time?

- Put your attention on what you want and make a plan.
- Set your intention for the day and write three things you most want to accomplish today.
- Trust your inspired thoughts and act on them.
- When you feel distracted from your action plan, ask

- yourself, "Is this the best use of my time?"
- Also ask yourself, "What can I do now that will make the most impact?"
 - Find a buddy, coach or mentor who will hold you accountable and keep committed.
 - Be diligent. Do what you say you will. Do it now. Do it anyway.
 - Finally, choose consistency! (you can be brilliant for two days and mediocre for two months or you can be brilliant all the time). The choice is yours.

Learn more about being in the zone of greatness, click on ["Greatness To The Core."](#)

Do you have a question for me? Click on the new website offering, [Ask Coach Flo.](#)

"Forget about likes and dislikes. They are of no consequence. Just do what must be done. This may not be happiness but it is greatness."

-- George Bernard Shaw

TRUE NORTH:

Articles on Direction and the Road Less Traveled

YOUR INTERNAL MAKEUP

How you think and what you expect are totally connected. Yet, expectations are usually below the surface of your awareness. You expect results but don't have a clear picture of how you'll get there.



Imagine your internal environment as the "how you think" place and your external environment (all the things you do) as the "accomplishment" place.



Let's say you want to grow your business and add 5 new clients or customers.

The link between A and B is your desire to accomplish something. The A part (mental environment) is the process. What might that include for you? A commitment to consistency, self management, self trust, self training, discipline, accountability? The B part (external environment) is what you do. You might set a time frame (in 3 months I will____), write your priorities for each day and then check them off, research and target the right prospects,

create collaborative alliances and supportive structures.

To help you get from the mental to the external environment, make two columns: title one as "What I will eliminate," the other as "Assets I have."

Example:

<u>Eliminate</u>	<u>Assets</u>
Confusion	Provide value
Uncertainty with language	Energetic
Energy drags	Self-reliant
Fear of doing something new	Confident

It's human nature to be uncomfortable when doing something new. Old beliefs and expectations will always trump your desire to make a change unless you develop a process. Think of the process as having a strong desire to do something and then believing that you can make it happen and then creating discipline and consistency around you to support you in the process - as you find yourself growing and achieving something new. Some suggestions on the mechanics of the process:

- ✓ Get comfortable with what you want to do.
- ✓ Trust yourself. Strong self-reliance leads to confidence.
- ✓ Train your brain to believe more in yourself.
- ✓ If you can't grow beyond the current image of yourself as _____ (fill-in), and believe in a new image, you won't.
- ✓ Know what you need to learn.
- ✓ Check in with yourself and ask: Why do I want to _____ (your goal)? Do you still want it?
- ✓ Fear trumps inspiration. Notice when there's fear. Fear can be a remnant or it can be an awareness of needing more knowledge.
- ✓ Ask a friend for feedback on what you've accomplished so far.
- ✓ Watch yourself in the process! How are you performing? What have you created so far?

Remember, your confidence builds on your trusting yourself and being self-reliant in getting what you want. Believe that you can grow beyond the current image you have of yourself. Think great thoughts. "You become what you think about."

Do you have a question for me? [Click on the new website offering, Ask Coach Flo.](#)

JOURNEY'S END:

Articles on insights and taking the leap

What would you like to be coached on?

Take this quick one click poll, [Get Clear Now](#) and see what people want to be coached on.

Be inspired, listen and watch
[Power of Attitude.](#)

Have a joyful month.



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