

Chart Your Change Now Newsletter

Change Your Thoughts and Change Your Life

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Dear Reader,

Decade Gone/ Decade Come

*"When I let go of what I am, I become what I might
be." Lao Tzu*

I am grateful for the love and support of my colleagues and friends. I am ending the year (like the carved mountain of Chief Crazy Horse) a work in progress, constantly changing and evolving. I have met several exceptional individuals, whose friendship I esteem and will continue to cultivate in the new decade. I invite you to celebrate your triumphs, leave behind your losses, bring with you the sum of all your experiences and trust your gut to guide you.



Decade Gone: What we're leaving behind:

- Our 20th century identity
- Our ignorance of global politics
- Our unconsciousness about the state of the planet
- Our obsession with celebrity rumor mongering
- Workplace loyalty

Decode Come: What we're taking with us:

- The universe of social media
- "Virtual" living -- connected technologically
- The ipod, the iphone, kindle, cool gadgets
- Our obsession with celebrity rumor mongering

Where we're going (on the job):

- The workforce will become more dynamic with multiple skills to fill different job requirements (according to Gallop, only 13% of the German workforce is committed to the job).
- Workers are embracing the concept of multiple careers and working through retirement years.
- Workers, reflective of their generation, are looking for meaning on the job, an important value to them
- Leaders will be even more challenged to influence change and to be a man or woman for all seasons

Free Stuff You Can Give This Season:



Maybe you've been laid off or know someone who was. Maybe you're having financial difficulties. Yet, what people appreciate most is usually something that can be shared. Take the time to have a thoughtful conversation with someone. Share stories with the youngest ones you know. Show someone unconditional love. Give a lonely friend or relative the time to listen. Often, these are the gifts people remember most.

Best Feel Good Moment of 2009

...and it happened in my backyard. "We're going to be in the Hudson" was the famous quote by captain "Sully" Sullenberger of US Airways flight 1549, when he ditched the plane in the Hudson, where it safely floated and everyone on board was rescued. It was a daring and brilliant landing, which took courage and split-second timing, yet Sully hardly took credit - it was what he was trained to do. A modest and unassuming hero for our times. How refreshing.

What has always caused change in the world is a different way of thinking. Change your frame of thinking, feel as much as you can, question your beliefs, question your assumptions. Listen to that deeper, inner voice more often than the chatter at the surface of your mind. Engage heart and mind when making a crucial decision.

Get the support you need to make significant internal changes to manage your external world. Allow yourself to be the powerful human being you were meant to be. Work with me and make things happen in your life in 2010.

Have a comment, join me on my blog, [Chart Your Change](#).

To experience a complimentary coaching session, click on [Coach Me](#).

What is Your Boiling Point Reaction?

"All suffering is the result of the mind clinging to its unfortunate thoughts."
- **Buddha**

In Mary Sullivan's brilliant essay, "Are You a Carrot, an Egg or a Bean?" she depicts a distraught daughter explaining to her mother about how "hard" life is. It's so hard, the daughter contemplates the option of "ending it all."

The mother escorts her daughter to the kitchen and immediately fills three pots with water and puts them on the stove.

In the first pot she places carrots.
In the second she places eggs.
And in the third pot, she places coffee beans.

Without saying a word she lets them boil. Twenty minutes later, she turns off the burners. She takes out the carrots and places them in a bowl. Next, she takes the eggs out and places them in a bowl. Then, she ladles out the coffee and places it in a bowl.

The daughter then asks, "Mother, what's your point?"

Her mother explained that each of these objects had faced the same adversity - boiling water. However, each responded differently. The carrots went in strong and unrelenting;

but after being subjected to the boiling water, they lost their strength. The eggs were "soft-hearted," but after sitting through the boiling water, they became hard. Their conditions had changed them.

However, the coffee beans were unique. After being placed in boiling water, the coffee beans changed the water.

The beans actually changed the hot water, the very circumstance that brings the pain or adversity. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you.

When the hour is the darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

When life leads you to your "boiling point" be as a coffee bean. Show your true nature and step into your own power to change the world around you. Change your conditions and unleash the greatness within you - expect success, express gratitude and take responsibility.

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Happy Holidays,



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