

Chart Your Change Now Newsletter

Change Your Thoughts and Change Your Life

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Dear Flo,

"Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive."

-- Harold Whitman



On January 20th, Barack Obama will take his oath of office and usher in a new era, riding on the coattails of high hopes, and the belief that change in the face of insurmountable odds is always possible.

I am inspired to begin the new year with a revamped newsletter, focusing on providing you the value you've asked for -- tools and tips to help you grow and succeed in your career, your transition, your personal life.

Check out the feature article for your kick-start and the quick links for action tools. Be on the lookout for new tele-seminars and my new blog on using movie metaphors as a visual coaching tool.

I love hearing from you. Send your thoughts, questions, and comments. Click on [Just Ask Me](#).

The Fierce Urgency of Now

"What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: Our life is the creation of our mind."

-- Buddha

"The fierce urgency of now," was originally attributed to Martin Luther King and has recently been used by Barack Obama as a call to action. It is language that resonates with many and in the context of coaching, no better words can define being in the moment and taking a measured step. I am feeling a synchronicity of purpose, passion and realization in the work I do and hope to inspire you to take action this year.

Make this the year you choose. Choose to make a change now. You may have a vision for your future and a passion for your work but are you where you want to be? Has passion met purpose? Is your vision born from your values? Are your thoughts in alignment with your emotions?

A Prescription For Action

(set up a negative thoughts alert system, bring a positive thought to life)

- **Notice your negative thoughts.** You know the ones: *I'm too old, I'm too young, I can't do it, I don't have experience, I'm not good enough* -- blah, blah, blah. Negative thoughts become limiting beliefs when they have become a regular and routine way of thinking. They will stop you every time. Choose to replace that negative thought with, for example, *I am really good at empowering others to succeed.*
- Next, **bring your positive thought to life** by connecting to your heart and allowing positive emotions, like excitement, to emerge. However, it is not enough to say, *"I have the job of my dreams,"* if you don't believe it. If your emotions around a positive affirmation are negative, than your good thoughts have little chance. A positive emotion will strengthen a positive thought and weaken a negative thought. The opposite is also true. A negative emotion, like anger or fear makes a negative thought stronger and a positive thought weaker.
- **You are poised for action** when your thoughts are in alignment with your emotions. If you need support to help you stay on track when a sense of fear overpowers you, or your confidence needs a boost, get the support you need. You are just a few steps away from getting results.

Now is always the time to take action. For this month only, tell me what you would like to accomplish in 2009 and I will give you some personal coaching tips.

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Exciting Times and the Workplace



"I have learned, that if one advances confidently in the direction of his dreams, and endeavors to live the life he has imagined, he will meet with a success unexpected in common hours."

-- Henry David Thoreau

These are truly exciting times we live in (as kids, we use to love roller coaster rides, remember?). Exciting and perhaps scary but filled with opportunities to be creative and do what we don't know we are capable of.

When faced with national crisis, as the Great Depression, Pearl Harbor, and 9/11, people tend to unify and come together, lock arms to weather the storm. Why is that? Is it a sort of universal consciousness that allows us to see our humanity? Do we perceive a common enemy? Do we, for the moment, connect with others who are having the same experience? Or do we say, "that could've been me." Ordinary people do extraordinary things in times of crisis or disaster. The most recent example, the US Air plane which lost both engines and "fell" horizontally into the Hudson river. Within minutes, ferries converged to rescue the passengers and averted a potential disaster.

It confirms my belief in the basic good will shown by most people. I recently lost a leather glove that was special to me. I backtracked to the different stores and parking lots and inquired in all the lost and found departments. I almost gave up hope that anyone would actually turn in a glove. But to my sheer joy and deep appreciation of human kindness, someone did indeed turn in my red leather glove.

Do you have faith in your fellow human beings? How difficult is it to reconcile your good will with, what can be a confusing, chaotic, politicized work environment? Have recent events, job losses in the workplace or your own transition, changed your perspective about your future, your definition of success or what really makes you happy? Then, this is the perfect time to reach out for support, coaching and a process to help you redefine your work and life goals.

I offer individual and group coaching to meet a variety of client needs. Call me for a complimentary consultation. Click on [Just Ask Me](#).

Have a Joyful Month,

Flo Mauri
Thinking Well Consulting
Coach/Consultant to Emerging Leaders
Relationship Building Architect
Flo@thinkingwellconsulting.com

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Thinking Well Consulting | 41-41 51 St. Suite 4H | Woodside | NY | 11377

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