



Chart Your Change Now

Mastering the Workplace

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About Mindfulness Quotes:

"Enlarge your consciousness. If your consciousness is small, you will experience smallness in every department of your life."

- Robert Pante

Dear Reader,

Why People Get Hit By A Bus or How Mindfulness Can Save Your Life

"As human beings, our greatness lies not so much in being able to remake the world ... as in being able to remake ourselves."

- Mahatma Gandhi



Mindfulness is about the awareness of your own authorship in telling your tale. This means that the daily story you tell yourself is made up of long-time held beliefs (that may no longer be true), old identities you still carry around, the burden of blame you bear for yourself and others, that is weighing you down, the deliciousness of playing victim and getting empty rewards, the "not good enough" mantra you sing to yourself daily, the fear of revealing a not-so-certain self or exposing a vulnerability that someone will surely take advantage of. All these hinky-dinky thoughts and beliefs are not who you are. These beliefs are mostly based on bubkus. Your thought patterns are like the holes in a shower head with the energy, like water, just spilling out.

Mindfulness Map

Once you begin to hold yourself accountable for your story line, you are on the road to decide what you want to change. Okay, you're right, it doesn't just happen overnight! Your brain doesn't distinguish between a negative or positive thought pattern and it just allows you to feel miserable or happy. It is always your choice. But self-talk or daily affirmations alone won't work. If you are holding onto a belief that "this situation is hopeless," your brain processes the belief as reality. But with awareness of other options and possibilities, you can train your brain to entertain a new experience of "there are solutions to be found for this situation," or "I can move on from this no-win situation to win another day." New cells will sprout in your brain when you have new and different experiences. Continually redirecting these new thoughts will begin to re-wire your brain to think differently.

To recap this mind trip:

- Recognize that you are writing the story of what is working and not working in your life based on perceptions that may be flawed and beliefs that may not be true
- We make many assumptions about ourselves and others. Do you really need a million dollars to make you happy? Where did you get that thought? Is it true?
- Assume responsibility for every feeling, behavior, thought, word, action
- Decide what identity, belief, or behavior, you want to change
- Notice how willing or not willing you are to make the change. Are you willing? Are you willing now?

Trick your mind into mindfulness:

- Set your time machine for the present (where you truly live), not yesterday, not tomorrow, but here and now.
- Get serious with your brain. Send it legal notice advising: there will be no criticism, judging or blaming allowed on the premises.
- Don't try to eliminate disapproving thoughts. Just notice you have them.
- Give your brain a rest, step away for a moment and acknowledge that you have choice and the choice is to either let fear grab hold or consciously dismiss it. You can stomp your feet or accept where you are right now. You can allow catastrophic thinking to scare you to death or you can be present with your normal breathing rhythm.
- Take your time. You don't have to choose right away. You can continue to scare yourself until you are ready to dismiss it. It's all up to you.

It is very powerful to etch in your brain a new experience by visualizing what it is like; how it feels, smells, tastes, and sounds. Neuroscience research has shown that the more we focus on something, the more we are able to bring about what we focus on. We start to preselect what we will experience. The rewiring of the brain is based on **consistency**. If you focus, let's say, on a new opportunity and visualize it for about 25 days, you are likely to bring about that change. Research studies have shown that when people are consistent in this approach, they are likely to bring about or open up new possibilities. However, if there is a break in the **consistency**, it takes a lot longer. It seems that without continued and consistent focus, the brain, loses the determination to rewire and has to start over again.

The stories we tell ourselves are a huge part of our lives. With awareness, we can craft a different story. Remember, our beliefs drive our behavior. Our behavior drives performance.

Join this month's *Coaching Cafe*, a virtual space of

collaboration and community where participants can safely explore workplace concerns and underlying issues, get peer advice, coaching tips and take away some action steps.

Have you signed up yet, for Flo's Monthly Coaching Cafe?

Every third Wednesday

Next: July 21, 2010 at 8 PM.



This FREE Telecast Series is designed to address timely issues.

What's on your mind.

Come and have a "virtual" cup of coffee with us and enjoy an open, engaging, supportive coaching experience.

[Click here to join the journey](#)

and read about the theme for the month -- "How Do Your Beliefs Define You?" Sign up and receive "Eight Limited Thinking Patterns"

Have a comment? Go to my blog, [Chart Your Change](#).

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

The Final Exam



The Final Exam

A professor stood before his class of 20 senior organic biology students, about to hand out the final exam. "I want to say that it's been a pleasure teaching you this semester. I know you've all worked extremely hard and many of you are off to medical school after summer. So that no one gets their GP messed up because they might have been celebrating a bit too much this week, anyone who would like to opt out of the final exam today will receive a "B" for the course." There was much rejoicing amongst the class as students got up, passed by the professor to thank him and sign out on his offer. As the last taker left the room, the professor looked out over the handful of remaining students and asked, "Any one else? This is your last chance." One final student rose up and took the offer. The professor closed the door and took attendance of those students remaining. "I'm glad to see you believe in yourself." he said. "You all have A's."

What do you believe about yourself?

What in your life, are you giving meaning and value?

How you think makes all the difference. How you tell your story about your experiences is key

to your happiness and sense of self-determination. Come and explore with me how to craft an authentic story of you that will serve to help you step out more fully into the world and enjoy the experience.

Have a comment? Go to my blog, [Chart Your Change](#).

Thank you for your interest in Chart Your Change. Your feedback is always appreciated.

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

Have a Joyful Month,



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