

# Chart Your Change Newsletter



*Chart Your Change to create another dimension of meaning and growth; trust yourself to achieve what is possible without yet knowing.*

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Vol. 3 Issue 12  
December/2008

## MONTHLY DESTINATION

Articles on enhancing skills,  
evolving and transforming



Dear

## Holiday Greetings!

MY GIFT TO YOU:

12 TERRIFIC TIPS TO TAKE WITH YOU INTO THE NEW YEAR

With all the economic concerns and rapid workplace changes in mind, I gathered a special list of tips to help you clarify goals, focus on what's important to you and manage your life with a fuller awareness, as you enter into a New Year!

1. [Honor Self - Live Your Values / Respect Others'](#)
2. [Master the Inner Work of Confrontation](#)
3. [Build Relationships -- Add Value to Others](#)
4. [Five Principles for Human Relations Success](#)
5. [Deactivate "Hot Buttons"](#)
6. [Solve a Communications Problem - Make It Safe](#)
7. [New Thought to New Behavior - Part 1](#)
8. [New Thought to New Behavior - Part 2](#)
9. [A Mind Shift in Five Steps](#)

## 10. To Be a Leader, First Master Yourself

## 11. Stay Cool in the Workplace

## 12. Mastery Tips

## Bonus Tip:

### 13. Use Your Own Trouble Tree

Enjoy these tips. Take them in one at a time at different intervals. Pick one each day for the next twelve days and prepare yourself for 2009 with increased self-awareness. Use these tips to help you achieve the level of success you desire.

*"Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything."*

-Napoleon Hill

Drop me a note. Click on [Ask Coach Flo.](#)

**Blog is coming in 2009!**

# TRUE NORTH:

## Articles on Direction and the Road Less Traveled

## FACE THE RIGHT DIRECTION



*If we are facing in the right direction, all we have to do is keep on walking.* -- Buddhist Saying

-- Buddhist Saying

It's the end of the year and a time for giving. What can you give yourself? Take a little alone time and try this simple strategy to get excited about your future. The strategy is to make a plan you can keep.

Ask yourself:

1. What are the circumstances that would make you say, "it's a wonderful life." Can you say it now?
  2. If you're not in wonderfulness now, what will it take to

- get you there?
3. Are you aware of all your strengths? Get to know them all and use them to propel you towards the "wonderful."
  4. What will you need to overcome (fears, obstacles, perceived limitations) to reach your "wonderful."
  5. Are you aware of all the opportunities? Are you willing to uncover those beyond the field of vision?

Complete 2008 with love and gratitude. Start 2009 like a stone cutter.

*Look at a stone cutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred-and-first blow it will split in two, and I know it was not the last blow that did it, but all that had gone before. -- Jacob A. Riis*

Drop me a note. Click on [Ask Coach Flo.](#)

P.S. Do you know someone else who'd enjoy this newsletter? Why not forward them this email today?

Have a joyful month.



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