

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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Instant Mindshift - blueprint from ground floor to top floor

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THE GIFT OF INSPIRATION

Half the failures in life arise from pulling in one's horse as he is leaping.
- Augustus Hare

The season of failure is the best time for sowing the seeds of success.
- Paramahansa Yogananda

If all else fails, immortality can always be assured by spectacular error.
- John Kenneth Galbraith

We are not retreating - we are advancing in another direction

Vol. 3 Issue: #8

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Dear Flo,

FROM STUNNING FAILURE TO STRIKING SUCCESS

Anyone who has never made a mistake has never tried anything new.

- Albert Einstein

What can we learn from presidential candidates and Olympic athletes about stunning failures? What do they all have in common? Certainly a resilience to get up and start again each time they faced failure. Failure is humbling and yet has great purpose at a point in time when our choice will determine our future. What will your choice be? How do you interpret failure?

Those who have failed and yet achieved can tell you how a shift in mindset...

Read "Monthly Destination" and experience your own shift from a mindset of failure to a mindset of success.

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

MONTHLY DESTINATION:

Articles on evolving, enhancing skills and transforming



- Douglas MacArthur

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A MINDSET SHIFT IS AT THE HEART OF MOVING FORWARD

***Failure is success if we learn from it.
- Malcolm Forbes***

Those who have failed and yet achieved can tell you how a shift in mindset helped them to use failure as an opportunity to define new goals -- yet reach the same intrinsic outcomes. In the Beijing Olympics, the U.S. relay teams (both men's and women's) dropped the baton while passing it -- a disastrous outcome, given all the years of training and sacrifice. Yet, many of these athletes have quickly learned from this difficult lesson to prepare again for another day of competition. It won't matter who dropped the baton. It was a team effort and a lesson learned in what to do differently going forward.

When Shawn Johnson (U.S. gymnast) gave the performance of her life, there were moments when you could actually see (on Shawn's face), the focused determination, the mindset to overcome all distractions and negative thoughts. The same was true of Nastia Liukin (who had a challenging year recuperating from injuries). They both had to dig deep to exude that ultimate confidence; to know they were the very best they could be. Any doubt whatsoever would show up in their performance. They both won an individual gold medal.

Hillary Clinton turned her stunning defeat around and shifted her mindset to win a bigger goal. Her loyalty to her party and her values compelled to her support her opponent for the democratic nomination. This would solidify her hopes for the ultimate win of a demacrat in the oval office.

***Only those who dare to fail greatly can ever achieve greatly.
-- Senator Robert F. Kennedy***

Read "True North" for tips on **how** to make a shift.

Do you have a question for me? Click on

the new offering, [Ask Coach Flo](#).

TRUE NORTH:
Articles on Direction and the Road Less Traveled

DON'T LET YOUR MINDSET
HOLD YOU BACK



*"When you change the way
you look at things, the things
you look at change.*

-- Dr. Wayne Dyer

Much of your mindset is what you were taught and what you learned along the way -- your past experiences lead the way in shaping your thinking.

Your mind shapes your reality. Your beliefs guide your decisions and behaviors.

Some of the beliefs we hold give us great strength and empowerment. Other beliefs zap our energy. They tell us that we cannot achieve our goals or that we are not worthy of other people's acceptance. Those kinds of beliefs are known as "limiting beliefs." They typically sound like "I will never be successful", "I can't work with those kind of people", etc.

To uncover limiting beliefs, ask yourself questions like:

- Why is this goal unattainable?
- What skills do I lack to attain it?
- Why don't I deserve to achieve this goal?

Once you are aware of your limiting beliefs and the way they affect your behavior, they will start to lose some of their power over you.

When you identify the limiting belief, ask yourself, *"How does holding this belief serve my best interest?"* Often beliefs serve a purpose. If you do get some payoff from holding a belief, but at the price of some unpleasant side effects,

look for a belief that gives you the same payoff without the side effects.

As an example, replace the "I am a failure" belief to "I've failed at this before, but I can try again and do it differently". The payoff from the first belief keeps you stuck and safe from risk. The payoff from the second belief opens up opportunities to succeed with a margin of safety.

(With help from Jason S's blog article on Limiting Beliefs)

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JOURNEY'S END:

Articles, thoughts on insights and taking the leap

WHAT IS A MIND SHIFT, ANYWAY?

(Best description) by Steve Chandler:

Imagine you are in a far off country where there are very few automobiles and you yourself have never driven one.

Someone gives you a beautiful sports car with a manual shift (the best kind) and you get in to drive. You manage to get it into first gear and you begin driving and all seems good. But soon, as you want to go faster-but you don't know how to shift-the engine starts to whine. Loudly. The car shakes. You are in dysfunction! Why? You don't know how to shift.

The mind is the same. Your mind is just like that car - a wonderful gift that can bring much joy, but it also needs to shift to run properly. Next time you get into that car, be the navigator and allow the shifts to propel you forward and notice how your life has already changed.

Have a joyful month.



Coach/Consultant to Emerging Leaders
Flo@ThinkingWellConsulting.com
www.ThinkingWellConsulting.com
718-478-7015

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

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