

12 Fun Ways to Change Your Life



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Introduction

This book is a collection of twelve of my newsletters written over the last three years. The twelve that I have selected are ones that my readers especially liked and personal favorites of mine also. Each newsletter or story is about one small change we can make that will have a huge impact on our lives. At the end of each story, there are several optional action steps. This is where the fun comes in!

Read one story each week or each month and see what changes you might want to make in your life.

Happy thriving through change!

Change One

“Life isn’t an emergency.” -Richard Carlson

Jump Time

Are we addicted to technology? It seems to me that society has an ever increasing need to be connected to some type of electronic device. Sometimes I wonder with cell phones and computers if we are over - connected. With our desire for instant information and all the continuing technological advances, we are living in what Jean Houston calls “jump time”. Things are speeding to us in an ever increasing rate, and we are multi-tasking to keep up. Each week I observe new instances where individuals attempt to multi-task while using their cell phones (or computers) and as a result don’t do anything well.

Here’s an example that happened on the golf course last week. As my husband and I were getting ready to tee off on the first hole, two other golfers joined us. As we started play, one of the other players took a call on his cell phone and talked until it was time to hit his ball. After hitting the ball, (which went out of bounds), he returned to his call and proceeded to talk until his next shot. This alternate talking and hitting the golf ball went on for 9 holes - until he finally quit for the day. What I observed, in the 2 hours we played with this man, was that in spite of being a pretty good golfer, he had a lousy round of golf. His frustration was high, (and so was his partner’s), because he was not fully focused on either his golf game or his business calls. Obviously his plans to break away from work and enjoy a round of golf failed. I kept wondering what would have happened if he had left his cell phone in the car?

Another example happens frequently in my exercise class. It always amazes me when people taking fitness classes bring their cell phones into class and take calls while they are exercising! When a cell phone goes off, everyone rushes to see if it is their phone. And I wonder, what could be so urgent that they could not have just one uninterrupted hour of self-care time? I watched one of my class mates this week talk on her cell phone (holding it between her ear and her shoulder) while attempting to lift weights with both hands. Ouch! It makes my neck hurt just recalling it!

Do you have a strong preference for thinking of or doing two or more things simultaneously (such as checking email and talking on the phone at the same time)? Have you been on the phone with someone and heard them typing on their computer or doing other things in the background? (I catch myself doing this occasionally). Does it make you feel like they are not fully listening to you? What would happen if we just did one thing at a time and put all of our attention on it? Would we be more productive? Technology is a wonderful tool. The challenge is for us to control machines, not the other way around. Just because the cell phone (or computer) is there doesn’t mean we have to be a slave to it. What if we took the attention we devote to technology and put

that attention on our relationships, both personal and spiritual? As Mahatma Gandhi said: “There is more to life than increasing its speed.”

Your Assignment (Should you choose to take it!)

1. Observe your cell phone usage and computer time in the next week. Are you attempting to do multiple tasks at the same time?
2. Pick one day and commit to being in control of your machines. For example, let voicemail answer your phone while you are eating, exercising, meditating, relaxing or doing some other enjoyable activity! Or if a friend calls, just sit and enjoy the call rather than see it as a time to do other things.
3. See how feel at the end of the day. Did you accomplish more? Are you less stressed? Think about what would happen if you made Step 2 part of your normal routine.

Change Two

"The most wasted of all days is one without laughter."

e.e.cummings

Laughter

I was reading some material last week about the effects of laughter on our health. We all know how good it feels to laugh and the more humor we have in a day, the better we feel. No matter what the stressful circumstance or situation, if we can introduce some humor, it always lightens the stress. Laughing comes naturally to us; we were born to be joyful and have fun. Small children laugh on average around 400 times a day! Unfortunately, as we move into adulthood responsibility grows and laughter diminishes. Adults average only 20 laughs per day. What a tremendous change!

When's the last time you had a really good belly laugh? Being with family or friends always leads to laughter for me. I love to spend an evening with good friends sharing stories and lots of laughs. Sometimes we laugh at ourselves – which seems to happen more often as we get older! Other times we laugh at something on TV or something we read or maybe something that happened during the past week. It doesn't seem to matter. Once the laughter starts, it goes on for hours and the evening just flies by. It is fun to see how relaxed everyone becomes. You can visibly see any tension in the body dissipate. After a good laugh, your blood pressure drops, muscles relax, and your heart rate and breathing slow down. Ah...doesn't this sound soothing? What would your laughter meter show right now? Are you doing better or worse than the average? Close your eyes and think about something or someone that makes you laugh. What happens to your body when you bring up this image? Wouldn't you like to feel this way most of the time?

Who do you know that needs a good laugh right now? What could you do to bring some lightness and laughter to this person? Maybe call and share a funny story or incident? Rent a comedy and watch it with them? Buy them a joke book or funny toy? Give them a puppy or kitten? Whatever surprise you come up with, it will be perfect and, when they laugh at what you did, so will you!

By the way, a good friend of mine just called as I was writing this. In the process of catching up, she shared a funny story about getting her mascara wand tangled in her hair. She was getting ready to go to a wedding and ended up with a big black blob of mascara in her bangs! The pictures she painted about attempting to wash the mascara out of her bangs without getting the rest of her hair wet was hilarious, and we had a good laugh over it.! What funny story do you have to share today?

Your Assignment (Should you choose to take it!)

1. Pay attention to what makes you laugh and how often you laugh over the next several days.
2. Come up with some new (or old) things to add more laughter to your day.
3. Share laughter with your friends and family – everyone benefits!

Change Three

“Intention is a force that we all have within us. Intention is a field of energy that flows invisibly beyond the reach of our normal, everyday habitual patterns. We have the means to attract this energy to us and experience life in an exciting new way.” Dr. Wayne Dyer

Intention

Recently I had an opportunity to sit in on a worldwide telegathering (phone conference), hosted by Cheryl Richardson, well known writer and Life Coach. Her guest on the hour long call was Dr. Wayne Dyer, one of my favorite inspirational speakers and writers. Dr. Dyer was talking about The Power of Intention. I learned about the call earlier in the day, and I really wanted hear what Cheryl and Wayne had to say. I was having a particularly hectic day, and my ‘to do’ list was growing, so, when it came time to dial in for the call, my mind tried to convince me that I didn’t have time. But luckily my heart won out! I was so glad that I did make the call, because I was reminded of 2 things that I really needed to hear that night. (Funny how just what we need seems to come along at the right time.) Here’s what I needed to hear:

There is no stress in the world, only people thinking stressful thoughts. My ‘stress’ over my ‘to do’ list was coming solely from my thoughts about the list and whether or not I would be able to accomplish everything on it. I was projecting about what would happen if I didn’t get everything done. A sure clue for me that this was happening was that I was getting irritable. Instead of setting my intention to focus on one task at a time and stay in the present moment, my focus was on “How am I going to get all of this done?”

Anxiety is the mark of spiritual disconnect. I am connected to the Source at all times. I love this line and have made it my new mantra. My stress or anxiety that day was coming from thinking I had to do everything on my list alone. This line reminds me that anxiety comes from not remembering that I am always connected to the Source. If I am always connected to the Source, then whatever I set my intention to will be there. It is up to me to make sure that my intention is on what I really want rather than what I don’t want. If I want time, health, or abundance, then I have to set my intention on plenty of time, glowing health, and ample abundance, not on lack of time, illness or scarcity. Everything I need is available to me by practicing daily gratitude for what is already coming my way.

How do we become disconnected in the first place? **EGO.** As Wayne Dyer says, we have 6 ego beliefs:

“I am what I have. My possessions define me.

I am what I do. My achievements define me. (My to do list)

I am what others think of me. My reputation defines me. (What if I don’t do what I promised on my list?)

I am separate from everyone. My body defines me as alone. (I have to do this list alone.)

I am separate from all that is missing in my life. My life space is disconnected from my desires.

I am separate from God.”

How is your connection? What thoughts are you having that are not in harmony with what you really want? Reframe your thoughts to set your intention on what you want instead of what you don't want!

Your Assignment (Should you choose to take it!)

1. Take a close look at the ego belief list above and see if any of the six statements apply to you.
2. If so, what new mantra or thought could you substitute that reconnects you to your soul?
3. Incorporate this mantra into your daily self-talk.

Change Four

“When you live the life you were meant to live, doing the work you were meant to do, enjoying what pleases you, instead of collecting meaningless lifestyles trophies, you will be full of joy and energy.”

Thomas Leonard, Coach University

Life or Lifestyle?

What is a lifestyle and how is that different from a life? Lifestyle is about brand names and buying identity or prestige. Lifestyle gives a false sense of peace and acceptability that comes from others recognizing what you’ve bought into (as well as bought). If your car, clothes, and home are expensive, you’re sophisticated and stylish. If you have the right kind of job or go to the right social gatherings, then you receive the superficial approval of others. This means that your self-esteem is always at the mercy of others, with no appreciation of you as an individual.

A life, on the other hand, is very different. A life is what you lead when you know what matters most to you. It is very simple and comes from being connected to what you know is important and being willing to put that first, not matter what others may think. When you create a life vs. a lifestyle, your self-esteem comes from what’s inside you, not what others think about you.

How many times have you seen someone (this used to be me!) work long hours in a job that they do not enjoy just to be able to maintain an expensive lifestyle? There was a recent commercial on TV that showed a man laughing in his yard saying: “I drive an expensive car, have a 5 bedroom home, a country club membership, a swimming pool and I’m in debt up to my eyeballs!” Every time I see this commercial I think about the book [The Millionaire Next Door](#). The book says that most of the people living in the largest homes are exactly like the man in the commercial and that the real millionaires are the ones you would never guess, because their focus is on creating a life vs. a lifestyle.

Lifestyle is expensive monetarily and personally, because it costs a great deal to keep up appearances and do what you think is socially acceptable. A Life is not expensive. Rather than draining personal or financial resources, a life generates energy and staying power. If we focus on what we wear, or what kind of car we drive, or where we live, then we are saying that how others see us is more important than what we think of ourselves. If we find out what our true beliefs and values are and choose to live by these, then the opinions of others don’t drive our lives. This is not an issue of avoiding luxury for its own sake; it’s about liberating yourself from the mindless consumption that society dictates. It is about making the choices that are in line with your values, instead of draining your bank account or energy for no heart-driven reason. Remember that who you are comes from within, not what you own!

Your Assignment (Should you choose to take it!)

1. Understand the difference between a Life (being directed from within) and a Lifestyle (being directed from outside).
2. Analyze your lifestyle to see what it is costing you in money, time, stress, and energy.
3. Look at what is really important to you, what sustains you and brings you joy and see if you need to make any adjustments to your lifestyle.

Change Five

"Some people call the still, small voice insight or intuition... Our insight is a gift from God, not to be taken lightly or for granted... If we acknowledge that the voice doesn't just pop up in our mind like some haphazard jack-in-the-box, that it is available to us always, we have the most important source of assistance in building our dreams. We can turn random intuition into regular inspired insight." From Building Your Field of Dreams by Mary Manin Morrissey

Inspired Intuition

I have a wonderful story to share with you - one that comes from a client who has given me permission to share her story. This client (JR) is on a journey of self-discovery, acknowledging her life's dream (working with plants and landscape design), and being open to the possibility of exploring her dream. A natural fear that keeps popping up is how to pursue her dream and generate income at the same time. Well, 2 weeks ago JR got her answer and if she had ignored her intuition, she might have missed it!

Here's what happened: JR receives a quarterly newsletter from her alma mater which she normally tosses without reading. When the latest newsletter arrived, an inner voice (intuition) told her to read this particular newsletter. In the newsletter was a request for a sorority house mother to start later this summer. Reading this, JR got very excited, because she also dreamed about being a house mother and working with young people (something she is very good at by the way). Quickly her mind kicked in and said "Oh, why bother to call? They have probably filled the position". But following her heart and intuition, she called anyway and was immediately asked to come for an interview. Needless to say the sorority loved her and hired her on the spot.

Now here's the best part – she gets a salary, a furnished apartment in the sorority, all meals, cleaning service, holidays and summers off, a chance to work with young people, and time to take all the courses she wants in landscape design right there at the university! And all because she followed her intuition (reading the newsletter) and acted on the synchronistic event (the opening for a sorority mother). This is a perfect example of SynchroDestiny – trusting one's intuition, acting on synchronicities, and following one's natural path (destiny). When we do this, we are on the path of least resistance, and resources line up to support us.

How many times have you had a hunch, inkling, a gut reaction or other display of intuition and failed to act on it? Sometimes our intuition is a warning; other times it's a nudge to do or follow something. What happens when you don't follow your intuition? Do you regret it later and say: "I knew that would happen!"? This occurs with me when I am playing golf. For example, I am ready to play my approach shot to the green and my intuition (first reaction) is to take a 6 iron for the shot. But then my mind takes over and says, "What are you crazy? You'll never get the ball there with a 6 iron! You need a different club." And so I talk myself out of the 6 iron, reach for a 5 iron, and hit the ball over the green! Then I say: "I knew the 6 iron was the right club! Why didn't I trust my intuition?" I find that the golf course is an excellent place to practice listening to my

inner voice and that helps it carry over into other areas of my life.

How do we know when it is intuition? Things happen synchronistically; there is a feeling of effortlessness; there is a feeling of elation or inspiration; it just 'feels' right; and it keeps coming up. (Remember the story). Are you paying attention to your intuition? If not, what's an area in your life where you could start listening to and following your inner voice? Pick one area and over the next week listen to your internal guidance. What is it telling you to do or not do? Take a chance and follow the guidance. The more we pay attention to and act on this guidance, the clearer it becomes. And with clear guidance comes synchronicities leading you on your natural path. Voila! SynchroDestiny!

Your Assignment (Should you choose to take it!)

1. Over the next week pay attention to any hunches, gut reactions or feelings that you get. Ask yourself - 'What's my inner voice telling me? What's the first thing that came to mind?'
2. Have some fun! Guess who's on the phone before you answer it, or think of someone you would like to hear from and see when they call. Guess what song will be on the radio next. Look for a book on intuition and let your inner voice tell you which one to read.
3. Be bold and follow your hunches. See what happens and make a note of the results.

Change Six

"Cheerfulness keeps up a kind of daylight in the mind, and fills it with a steady and perpetual serenity."
Joseph Addison, The Spectator

Uncle Earl

Annually my husband's family has a reunion in a state park in the mountains of North Carolina. At one of the recent reunions, the weather was overcast, and more rain was predicted. The family members who arrived early to set up were concerned about the pending rain and the impact it would have on attendance. Just as the rain began to fall, a car pulled up to the picnic shelter and out of the passenger side popped 'Uncle Earl'! Now, 'Uncle Earl', as he is called by the family, is 96 years old and has been blind for many years. Just the arrival of Uncle Earl immediately changed the morale of the group.

Ever cheerful and optimistic, Earl continues to amaze the family. He is the oldest member of the Miller Clan, and all gathered around him. One by one he addressed each member, held their hand, gave them a piece of candy from his pocket, and made them laugh. As I stood back, I watched how his demeanor and cheerfulness brought a smile to everyone's face. He did not spend time telling everyone about his ailments as others were doing. I realized that it was his choice to take the "high road" of cheerfulness and not focus on the negative aspects of his life. By doing so, he was extending an invitation to each family member to respond in the same manner. Just before we began to feast on the wonderful spread of food, Earl stood up and asked to speak to the group for few minutes. He asked everyone to lead a 'good life' and to take a lighthearted approach to what may come our way. He said he had prayed for us all to arrive and to return home safely, so we need not worry about the rain. Then he gave us all his blessing. I know I felt blessed to be with him!

Being of good cheer raises our spirits and benefits our health. Uncle Earl is a prime example. What is happening in your life right now? Are you taking a cheerful or lighthearted approach to your day? If you changed your perspective, what impact would it have on your health and others around you? Be of good cheer!

Your Assignment (Should you choose to take it!)

1. Just for one day practice being cheerful and see what happens.
2. Try a new slant on challenges that may surface; see if you can find some humor in the challenge or view it from a light-hearted approach.
3. Commit to incorporating cheerfulness as a part of your daily routine.

Change Seven

"Let your mind be quiet, realizing the beauty of the world, and the immense, the boundless treasures that it holds in store." by Edward Carpenter

Small Pleasures

Sometimes it's the simple things that are the most moving. I love to watch sunsets whenever possible, especially when I am on vacation. On one particular evening, I observed one of the most beautiful sunsets ever. As the sun went below the horizon, the skies turned various shades of pink across an unusual cloud formation. As far as I could see, the sky was ablaze with color. I was in awe. There was no doubt in my mind that a Higher Power had created such a magnificent event. I was mesmerized and so moved that I begin to silently say thank you for the opportunity to view such beauty. I felt such peace and serenity that I wanted it to last forever. And guess what? This pure pleasure was free!!

While I was watching the sun go down, I wondered how many people were also watching the spectacular sunset. When was the last time you enjoyed such simple pleasures as watching the sun rise or set? Nature offers beautiful things for us to see everyday, but most of the time we are too busy to even notice. What would it take for you to add one simple pleasure to your daily routine? Would it mean turning off the TV for a short while, pulling yourself away from the computer, or working one hour less? Think about being out in nature. What brings you joy? Is it seeing a rainbow after a storm, planting flowers, bird watching, sitting by a body of water, listening to a waterfall, being the first person on the golf course early morning, walking your dog or watching the sun rise or set?

Think back to some of the pleasant memories in your life. How many of them have something to do with nature? As writer Wayne Dyer says: "It is not an accident that so many of our most revered poets and writers have found nature to be the source of their artistry. It is in nature that one loses all judgments and false pretenses because nature does not judge." Spend some time in nature and give yourself a wonderful free gift!

Your Assignment (Should you choose to take it!)

1. Over the next week, decide on some simple pleasures that would bring you joy. Pick a designated time each day to immerse yourself in nature.
2. Just listen and observe. Then pay attention to how you feel at the end of the week. (Energized? Serene? Rested?)
3. Commit to making these simple pleasures a part of your daily routine.

Change Eight

"Getting rid of things may be one of the most liberating things you can do." by Cecile Andrews

Making Space

To make room for new things to come into your life, you have to create space for such things. If your environment or life is packed with things you no longer need or that no longer serve you, then you are holding yourself back. There's no room for new opportunities, new relationships or new ideas to enter. Yesterday I had a conversation with a client about this very topic. I congratulated the client on cleaning out items associated with her previous career from her home office to make room for all the new ventures she is exploring. I was reminded of what I went through when I decided to switch careers. When I first became a coach, I was hesitant to toss or give away all the business materials I had accumulated as a financial professional. I kept thinking, "What if I need these items again?" I finally realized that my indecisiveness, (about giving up the security that these materials provided - thinking I could always go back to my former career), was holding me back. After this realization I immediately tackled my office and cleared out 9 trash bags of old business files. Guess what happened? The next day I had a new client!

Now I make a habit of clearing out or donating items on a regular basis. Several times a month, one of the local charities calls to ask if I have any items to donate. I never say no because inevitably there's something in my home that would be more useful to someone else. It doesn't take but a few minutes to put together a bag full and it gives me a feeling of making a difference. In addition to the good feeling I get, I know that I have created space for something more fulfilling.

I recently read a story about a woman that used to hold periodic garage sales to "de-clutter" her home. After years of doing so, she decided one day to have a very different garage sale. She took everything she wanted to get rid of, put the items in her garage and made a huge sign that said FREE. During the day she would check her garage and was amazed at the rapid disappearance of items. She delighted in imagining that some new homeowner had taken the lawn equipment she no longer needed, or that children were smiling over the "new" toys that her children had outgrown. By the end of the day all she had left was one old shoe and a garage can with a hole in the bottom! And best of all, she didn't have to sit in the heat all day manning the sale.

Are you ready to open your life to new opportunities? If so, then what old items are currently holding you back? What do you have that you could joyfully give to others to make room in your life?

Your Assignment (Should you choose to take it!)

1. Identify what items in your environment are no longer serving you.

2. Schedule an hour on your calendar to sort through and get rid of these items. Make it fun by asking others to help or plan a reward afterwards. Call a charity to pick up the items if they can be donated.
3. Sit back and watch the new opportunities that appear to fill up the void you created!

Change Nine

“You can’t harvest what you don’t sow. So plant your desires, gently nurture them and they will be rewarded with abundance.”

Vivian Elisabeth Glyck -12 Lessons on Life I Learned From My Garden.

Tending Our Gardens

I especially love springtime. I enjoy walking around my neighborhood each day and marveling at all the colorful plants in bloom. I am rewarded each day with seeing blossoms that were not there the day before. Sometimes I see abandoned gardens where beautiful plants used to grow and now there are just weeds. It reminds me of life. If we do not tend our gardens (our lives), it doesn’t mean that plants will not grow. What it does mean, however, is the wrong plants will grow.

Every thought we have is a seed being planted. We can either plant seeds that grow into bountiful flowers or we can plant seeds that grow into weeds. We are all gardeners in our own lives. Only what grows in each individual garden varies dramatically. Think of your mind as your garden. What types of seeds are you planting? Are you growing weeds of judgment, self-condemnation, scarcity or disharmony? Or is your garden (mind) full of blossoms of peace, abundance, love and harmony? Look at the sample list below. See if you recognize what you are planting in your garden.

Weeds

I’ll never make enough money.
Bad things always happen to me.
I always get sick.
I am too old (or young).
I’m not good enough.
I blame or resent others.
I am too fat (skinny, short, tall, wrinkled).

Flowers

My life is blessed with growing abundance.
I am grateful for _____.
My body is healthy and strong.
I have a great life.
I am good enough just as I am.
I let go of the past & release resentments.
My body serves me well.

Weeds pop up in each garden and it takes a diligent gardener to keep the weeds out. Certain plants (energizing thoughts) help smother out weeds. Over time, the more of these plants and seeds you sow, the less ground there is for the weeds to grow. Become your own diligent gardener starting now!

Your Assignment (Should you choose to take it!)

1. Take a close look at your mental garden.
2. Begin to pull out any limiting thoughts (weeds) and replace them with uplifting thoughts.
3. Continue this practice until your garden is a showcase!

Change Ten

"Life is not your enemy, but your thinking can be."

--Wayne Dyer

What Was I Thinking?

I read the other day that we 60,000 thoughts per day. WOW! It made me start wondering how many of our thoughts are positive or uplifting thoughts vs. negative or self-defeating thoughts.

Your mind is a very powerful tool that can work either for or against you. You choose what your thoughts will be. You carry the key each morning to how your day will be with your waking thoughts. What's the first thing that pops into your mind as you are waking up? Is it something like: "Oh no! Another workday! I have so much to do, I can't possibly get it all done!?" What tone are you setting for the day? To determine if your thoughts are positive or negative, look at the picture in your mind. If you like the picture, then your thoughts are beneficial. If you do not like the picture, then what can you do about it? (Change the picture!)

If your life experience is not what you want it to be, then look at your thoughts. As explained in the Bible, "As a man thinketh so he is". Every negative and positive feeling is a direct result of a thought. It is impossible to feel sad or depressed without first having sad / depressed thoughts. William James, the father of American psychology said: "Thinking is the grand originator of our experience."

Just because you have a negative thought does not mean that you have to react to it. Though you cannot stop negative thoughts from popping into your head, you can stop responding to them. Here's a personal example of responding to negative thoughts. I was in my car going to an appointment and happily listening to a song on the radio. All of a sudden the traffic on the highway began to slow down. When I glanced at the time, the thoughts started about being late for my appointment. "Oh, no," I thought. "If I'm stuck in traffic, I'll miss my appointment and it will throw off my whole day! What if I can't get another appointment?" My body was tense by this point reacting to my thoughts. All of a sudden I went from a very serene state to a state of worry by just reacting to my thoughts about the possibility of being late. Instead of realizing that I had options, (calling ahead, getting off the highway and going another route, or changing my thoughts to time expanding to fit my needs), I *chose* to stew over the traffic.

The above example is what Richard Carlson, author of You Can Be Happy No Matter What, calls a "thought attack". What would have happened if I had realized that my first thought was an unsubstantiated thought and let it go? Just like me, your thoughts can take you from a present calm state into a state of turmoil by projecting into the future with negative thoughts.

So what can you do about your negative thoughts? *First*, realize that thoughts are just that – thoughts – not reality (not yet). *Second*, stay focused on the present moment. Where are you right now, not hours, days, weeks or months into the future? *Third*, learn to ignore negative thoughts. (If you have angry thoughts about traffic, realize that you do not have to respond to these thoughts). Thoughts that take you away from happiness are not worth following! With 60,000 thoughts per day, there are bound to be enough positive ones to follow!

Your Assignment (Should you choose to take it)

1. Observe your thoughts and how you respond to them.
2. View your negative thoughts as an “early warning system” and postpone any major decisions until you are able to let go of these thoughts.
3. Practice letting go of negative thoughts as quickly as possible; congratulate yourself for doing so!

Change Eleven

“Every one of us has a hurt from the past that runs our life.”

Bill Ferguson, author of *Heal the Hurt that Runs Your Life*

Healing Old Hurts

Several times each week I attend an exercise class with a friend of mine. Last Wednesday the fitness instructor was having the class do ‘walking-lunges’ around the gym. While we were in the middle of our exercise, another member of the gym called the instructor over to tell her that one of the women in the class was not doing the lunges correctly. After we lunged our way back into the exercise room, the instructor stormed into the class fuming! She took the last 10 minutes of class to express her anger over what she assumed was someone questioning her ability as a fitness instructor. The strong reaction the instructor had to the person’s comments really had nothing to do with that person. All the person did was re-activate an old hurt by pushing the right button. When I returned to class on Friday, the instructor was still talking about the episode. What popped into my mind when she brought up the event again was “Wow, how much energy has she wasted on this over the past 2 days?”

How many times have you had a strong reaction to something that someone says to you? Think about a recent time when you felt hurt, betrayed, worthless, rejected, inferior or angry. What emotional hot button was being pressed? As Bill Ferguson says in his quote above – every one of us has hurts from the past that affect our lives today. These hurts might stem from a feeling of failure, not being good enough, not being loveable or some other form of not being okay. Until you can identify and release these core issues, they will continue to surface. Once you can disconnect from the hurt, the hot button will be gone and you will no longer react personally to comments from others. If the fitness instructor truly believed that she was an excellent instructor, how would she have reacted? She would have let it go as what it really was – a need for the other person to show their knowledge.

Is there an old hurt in your life today that needs resolving? Are you wasting time rehashing events due to emotional hot buttons that have been triggered? Make a commitment to disconnect these hot buttons. Don’t end up 90 years old still recreating painful experiences because of an old belief that you accepted when you were young!

Your Assignment (Should you choose to take it!)

1. Next time you have a strong reaction to something that someone says, stop and ask yourself- “what is the real source of my pain?”
2. Go back to the creation of the old belief about yourself and re-write the belief with the REAL TRUTH. (Visiting Bill Ferguson’s website will help: www.masteryoflife.com/issues.html)
3. Practice your new belief everyday!

Change Twelve

“Live every day like it’s your last, ‘cause one day you’re gonna be right!”
-Ray Charles

A Year of Living Profoundly

I was recently introduced to a book by Stephen Levine, titled A Year To Live - How To Live This Year As If It Were Your Last. It is a book about living consciously in the present moment and focusing on what it really important. As the author says, “This book was written as a one-year experiment in consciousness renewal, intended to sharpen life ... while we still have the chance.” He asks the questions: If you were taken from this earth tomorrow would you be happy with your life? Would you have any regrets? If you were told that you had exactly one year to live, how would you spend the next twelve months?

Thinking about these questions and the premise of the book, I started to visualize a personal course or direction for the New Year. I want to wake up each day excited about what it holds. I want to reach out to loved ones and tell them how much they mean to me, to remember to say thank you for the things I have taken for granted. I want to choose wisely how I spend my time and do things that bring joy to my heart. I want to improve living in the present moment –to realize that it is a gift and that is why it is called the present! I want to give up what’s not really important to make room for what is.

I debated about using this topic for a newsletter because I was concerned about what people might think about facing their own mortality- too scary, too morbid? Then I thought –“Wait a minute! What if this was the last newsletter I wrote? What would I really want to share with everyone?” So here’s my heartfelt recommendations:

Get out from behind that desk, computer, newspaper, book, vacuum cleaner or TV and go hug a love one. If this was the last time you would see them, what would you want to say to them?

Stop saying ‘some day’ about your dreams. Go for it now!

Throw out the ‘To Do List’ and go visit a friend.

Tell someone everyday how they have made a difference in your life.

Stop using purchases as a way to happiness. Create happiness through relationship strengthening.

Stop wasting precious time with worrying, guilt, complaints or fear.

Stop trying to control things. As Richard Carlson says: “Don’t Sweat The Small Stuff” (it’s all small stuff!).

Be grateful continuously and savor every moment as if it could be the last.

Be present for everything you do –breathing, loving, eating, listening, and working.

Share – remember that love is the most valuable gift.

Forgive

Find a reason to laugh daily.

Pray, MEDITATE and enjoy nature everyday.
Stop making excuses!
Take responsibility for being fully alive

Ask yourself each morning, what one action or deed could I do today to end the day contented and at peace? What do you keep saying you will do someday? With over 250,000 people dying everyday, who has time to put life aside? Please make 'someday' today!

Your Assignment (Should you choose to take it!)

1. Make a habit of telling everyone close to you how much you appreciate them and why.
2. Make a list of all the things you keep saying that you will do someday. Pick the top 3 things on your list and make them a part of this year.
3. Approach each day as another gift and celebrate it!

About the Author

Vicki Miller is a life coach residing in Whitney, Texas. She has been helping clients transform their lives for over eight years. Her background of helping people has always been part of her life even in business. Her previous career includes over 25 years of business experience as a CPA, former Chief Financial Officer of a direct selling public company, entrepreneur, game inventor, and financial consultant. Using her business experiences, her own personal life transitions, and continuing coaching education, she strives to provide excellent coaching for her clients. Her clients include professionals, executives, small business owners, entrepreneurs, managers, retirees and sales professionals. She is a Certified Graduate of Coach University (CUCG), a Professional Certified Coach (PCC) and is an active member of the International Coach Federation and Coachville.com.

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