

'To Your Success'

Issue 10 – September, 2004



GROWING INTO SUCCESS

T R A I N I N G

Our Mission:

To help you harness the incredible power of your mind so you can actually achieve everything important to you and realize your full potential.

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

----- Melody Beattie

Gratitude ... “Being thankful; readiness to show appreciation for and return kindness.” This definition of gratitude courtesy of the Oxford Encyclopedic English Dictionary.

For ages we've been taught of the importance and benefits of feeling and expressing gratitude and yet often, here in our oh so busy modern lives, we forget. It's so easy to take the many good things for granted.

Why ... does this mean that we don't feel grateful?

Well the truth is that that's exactly true; too often we don't feel grateful. We feel harried, rushed, pressured, unsuccessful, unappreciated and sometimes even hard done by.

But where do these feelings come from, whether those of gratitude or the other kind? Well, if you've followed a common thread that runs through these 'To Your Success' newsletters, you no doubt recognize that ... 'our feelings come from our thoughts'.

You see, the way we think about a thing determines the way we feel about a thing. (Let's just follow this thought trail for a moment longer and see where it leads.) The way we feel about a thing then generally determines what actions we will or will not take, and our intentions behind them. And our actions or inactions, combined with our intentions, will ultimately always determine our results and outcomes.

What does all this have to do with gratitude? ... Simply this ... gratitude, like happiness, is a state of mind. The less we think thoughts of gratitude, the less grateful we will feel. The more we think thoughts of gratitude, the more grateful we will feel. It's not complicated. The challenge for so many of us however is that we simply don't invest enough time in thoughts of gratitude.

“The more you recognize and express gratitude for the things you have, the more things you will have to express gratitude for.” ----- Zig Ziglar

Why is it important to be grateful? ... Well, for starters, re-read and reflect on the quote from Melody Beattie at the beginning of this newsletter.

An amazing thing happens when we are grateful ... we feel good. Really good actually. We appreciate things more. We are more optimistic and positive. We are kinder (remember kindness and its benefits from last month?). We are more understanding and patient. We are more generous. We enjoy life more.

Hmmm ... not bad benefits for just one little activity.

“To all that has been - Thanks. To all that will be - Yes!” ----- Dag Hammerskjöld

Okay, yes, gratitude is good ... so how can we become more grateful? ... Great question! Notice how we're now focusing on the solution rather than the problem? That's what good questions cause us to do.

One of the easiest and most effective ways to become more grateful and develop a gratitude habit is to use two simple tools ... but before we introduce them we need to take a brief commercial break. I know, I know ... but this is how we can let you know about our upcoming courses.

“Each day comes bearing it's own gifts. Untie the ribbons.” ----- Ruth Ann Schabacker

Can you imagine ... playing an especially complicated game while having only a very vague, if any, understanding of the rules? Can you picture the frustration associated with repeatedly doing the best you know how only to find yourself too often not getting the desired results, and at times even being penalized?

In a very real way, this is exactly what many of us are experiencing in life. Although the game of life success and achievement seems complicated, the rules actually aren't. They consist of a handful or two of Mental Laws of Nature ... and just as the Physical Laws of Nature, such as Gravity, Centrifugal Force, and Inertia affect us each and every day, so do these Mental Laws. The thing is, most of haven't even heard of them let alone understand them!

Which brings us to our core program, The Masters Series.

The Masters Series clearly identifies and explains these Mental Laws and provides practical methods and processes for applying them in a positive way, so that you can achieve all those things in life that are important to you.

Is this for you? ... Only you can decide ... but following are a few of the many important benefits others have received from learning and applying what this course teaches ... all of which are available to you should you decide to participate.

- Understand, work and live in harmony with your values.
- Learn to set and achieve 'important to you' goals.
- Learn to develop practical, effective action plans.
- Enjoy the satisfaction of continuous improvement.
- Develop self-motivation and self-discipline.
- Choose and manage your attitudes and outlooks.
- Manage stress and worry.
- Deliberately choose your personal life direction.
- Enjoy improved health, fitness and energy.
- Create balance in your life.
- Enjoy positive feelings of confidence and self worth.
- Enhance your relationships.
- Live with purpose and passion.

This workshop is casual yet intense, interactive yet private ... it offers insights that stimulate positive choices and provides practical tools that can help you build the future you choose. And it includes an invaluable support tool ... a binder with full program notes and exercises for continued learning, practice and review.

Just a few comments from recent participants ... *“Exceeded expectations – exceptional value. Your passion and commitment is very evident.”* ... *“Unquestionably top value. This has changed all areas of my life. I would absolutely recommend the Masters Series to others.”* ... *“Excellent ... it’s honest, personal and very helpful ... Great stuff.”* ... *“I have already begun to apply some of the principles of the program and am looking forward to making the most of my personal & professional growth in the future.”* ... *“I would most definitely recommend The Masters Series. I think if people could be introduced to these skills & the mental laws much earlier in life, we would be a much happier & positive people with a purpose in life, goals to work towards & the knowledge on how to get there.”* ... *“It is going to have a huge impact on my future. Thank you, Thank you, Thank you!”*

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

----- William Arthur Ward

Now back to the topic of gratitude and two simple tools that can help us make it a habit.

Tool # 1 ... A Gratitude Journal. ... Such a powerful tool! This can be anything from a leather bound blank journal to a simple coil notebook ... or even a Word document on your computer for that matter.

The objective is simple ... we must write out three things in our journal each day for which we can be grateful. The journal’s purpose is to remind us daily of at least a few of the things we can be grateful for ... to cause us to think of gratitude, and over time, to create a collection of these thoughts to reflect back on when needed.

This really shouldn’t be too difficult. All we need do is watch the news on television to realize how good we have it in so many ways, especially compared to people in other parts of the world.

Here, we enjoy liberty, political, religious and speech freedoms, a multitude of educational and career opportunities, and reasonable proximity to some of the most spectacular nature in the world.

Most of us enjoy adequate shelter, clothing and food (somewhat of an understatement) ... not to mention modern appliances, televisions, computers, Internet access, one or more vehicles, and vacation time each year.

Most of us have eyes that see, ears that hear, and the use of our hands and feet. We are able to read and write, which allows us to gain new understandings and express ourselves.

Most of us have opportunities to contribute in some way to our society, sharing our knowledge, skills or resources so that we can enjoy the satisfaction of making a positive difference in the lives of others.

Most of us have dreams for the future and achievable aspirations.

Most of us have someone to love and someone who loves us.

Upon reflection, it shouldn’t be too difficult to come up with three things each day that we can be grateful for.

Tool # 2 ... A Day Planner ... What a marvelous little tool this is. By simply daily writing out in our planner our intention of finding things to be grateful for, we will be reminded every time we check our upcoming appointments or tasks to do.

We can also use our planner to remind us of our commitment to make an entry in our Gratitude Journal at the end of the day ... otherwise we might forget, you see. After all, it takes something like 28 days to form a new habit.

“Life is a Gift, not a Prize”. ----- Rick Beneteau

One more upcoming Growing Into Success workshop ... If you'd like to learn more about successfully developing your full potential and building your business or career IN ALIGNMENT with your personal values and important life interests, then mark September 30 down on your calendar.

Why? ... Because we will be presenting a valuable yet affordable one evening course in Abbotsford, ... **I'm in Business for Myself ... What Do I Do Now?** ... from our Success Seminar Series.

Here you will:

- Privately and confidentially identify your strengths and weaknesses in terms of traits, characteristics, qualities and aptitudes.
- Begin to recognize what you truly value.
- Discover attributes you bring to your business or career.
- Identify what your business or career can offer you.
- Make 'appropriate for you' commitments.
- Create a clear picture of your successful business or career.
- Learn practical steps for turning your vision into reality.
- Identify 'help' resources available to you.
- Learn how to build your safety net.

Do you feel that you are capable of more in your business or career? Does having a purpose and clear direction appeal to you? Would you like to experience the feeling of moving ahead with confidence and living to your potential?

If so, plan on joining us for this important evening where you will acquire tools to help you gain control and begin moving forward. (Workbook included with full program notes and exercises for continued learning, practice and review.)

Just a few comments from past participants ... *“Very, very worthwhile. Great value for the investment.” ... “I loved the handouts.” ... “Because of this presentation I will think differently.” ... “I found my legs! I know, now, where to stand. Everything falls into place.” ... “Easily understandable and very practical.” ... “Perfect” ... “You’ve definitely invited me to think, for one, about the connections between my personal values & personal / professional goals. Whether starting a new business or not, the info presented can benefit everyone in at least one way (but probably more!) ... Thank-you!” ... “Excellent value. You provide short & simple steps to self improvement.” ... “Most beneficial was seeing how success can be broken into bite-size, less intimidating pieces.” ... “Very powerful ... It’s common sense and anybody could benefit.” ... “Excellent – a 10” ... “Highly recommend it! When is the next one?”*

Masters Series Tip ... Remember how we talked earlier about our thoughts determining our feelings, and then consequently our actions, intentions, and ultimately results? Well here's the good news ... the only person who has control over your thoughts is you.

By deciding in advance the type of thoughts you want to have on an ongoing basis, checking yourself a few times each day to see how your thoughts are doing, and then changing them as necessary, you can deliberately gain a large measure of control over your feelings, actions, intentions and outcomes.

Try it. Invest a little time and effort in yourself. You're worth it.

To your success,

Reg Neufeld and the Growing Into Success Team

www.growingintosuccessstraining.com

We value your feedback ... Our intent for this FREE newsletter is that it be brief, informal and include articles, tips or suggestions to help you achieve the life success you desire ... and for each one to be of real value to you. Also included are dates, times and locations of some of our upcoming programs. (Complete Calendar of Events on our website)

If you have any comments, questions or suggestions we would love to hear from you. Simply click Reply on your toolbar, put down your thoughts, and hit send ... or email us at gist@shaw.ca.

If you know someone else who would benefit from receiving 'To Your Success', just have them drop us a line or subscribe from our website. Should you however no longer wish to receive it, just hit Reply on your Toolbar ... type UNSUBSCRIBE in the subject box ... and we will take you off the list immediately.

Thank you.