

Beyond the Horizons Consulting

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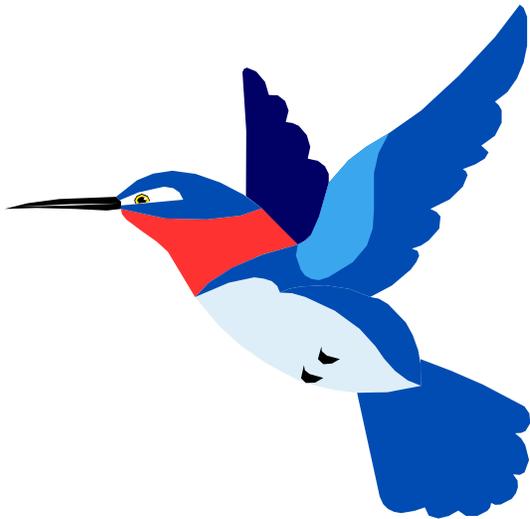
May 2006

Have You Done Your Homework?

In April's Newsletter we asked you to reword 14 negative statements that are clearly self-sabotaging. Have you tried to do so? Do any of these pertain to you or to what you perceive your employees are thinking?

If you tried to rework these statements, Bravo! Your new belief statements can be a guide when things get a bit rough or rocky on your journey.

Here are our suggestions for rewording, rethinking and re-imagining those statements into positive experiences for yourself:



- 1 This is too much effort, too difficult.
 - ◆ I can tackle this problem one step at a time.
 - ◆ By the inch it's a cinch; by the yard it's hard.
 - ◆ I want this so badly, I can almost taste it!
 - ◆ I know that I'm receiving guidance that is for my highest good and for the good of all impacted by my success.

2. What's the use of doing this?

- ◆ What's the use of remaining stuck?
- ◆ This action will contribute to further understanding and self-esteem, and will benefit myself and others.

3. I have to take care of ...

- ◆ I can take care of ... while I am also engaging in active self-improvement.
- ◆ That will take care of itself.
- ◆ Caring for others is only *part* of my mission in life. I am also here to shine in my own right.

4. So-and-so won't like this.

- ◆ I don't need to please so-and-so. The person I really need to please is myself.
- ◆ What do I owe so-and-so?
- ◆ Can I ever totally please so-and-so?
- ◆ What are the long-term consequences of pleasing so-and-so and denying myself the freedom to be me?

5. I don't have the time, money, support to ...

- ◆ I do have the time, money, support to take a small first step.
- ◆ I can attract to me the resources I need to complete my self-chosen journey.

6. I just can't change.

- ◆ I am willing to be willing to change.
- ◆ I am open to receiving the motivation to change.
- ◆ Change is the basic rule and rhythm of life, and I am alive.
- ◆ I desire to experience being more alive and thus I desire change.

7. I'm too old, I'm a woman, it's just not culturally accepted.

- ◆ **I am alive in this present moment, and this is the only moment that counts.**
- ◆ **Age is a state of mind, and I choose to feel vibrant from moment to moment.**
- ◆ **I am a woman who is creative and open to receiving all the good the universe has to give.**
- ◆ **My culture is but one path humanity has developed to express itself. Cultures are continually growing and changing, and I can contribute positively to that change.**

8. If it was meant to be, God would have made it happen.

- ◆ **God gives us opportunities if we have eyes to see and ears to hear.**
- ◆ **God allows us to make our own decisions based on His/Her guidance.**
- ◆ **We have free will to choose and to pursue our decisions so that we can grow more into the likeness of God.**

9. I'm waiting on a sign.

- ◆ **I can learn to distinguish between when it's OK to wait and when I need to be proactive.**
- ◆ **I can prepare myself to be ready for an opportunity.**
- ◆ **My own internal "signs" — my feelings and my intuition — are my most powerful tools.**

10. I'm not smart enough.

- ◆ **If I can dream it, I can accomplish it!**
- ◆ **I have all the gifts I need to make my dream into reality.**
- ◆ **My intelligence is perfectly balanced with my feeling, sensing, and intuitive functions.**

11. What if I fail?

- ◆ **I accept failure as a learning experience on the path toward something even greater.**
- ◆ **I cannot fail because all of life is an ongoing experiment.**
- ◆ **Failure is but one door closing and another opening.**

12. What if I succeed?

- ◆ **When I succeed at ..., I will have the opportunity to fully realize and enjoy that experience in my life.**
- ◆ **I can fully enjoy my success at ... and also envision the excitement of my next project.**



- ◆ **My success brings with it many new and exciting challenges.**

13. It would be really selfish if I ...

- ◆ **I would be a happier person if I ...**
- ◆ **My happiness would radiate to all other with whom I come into contact if I ...**
- ◆ **I am being generous and an example to others if I ...**

14. I just don't want to give up my comfort zone.

- ◆ **I choose to replace my apathy with passion for**
- ◆ **I choose to be fully alive by ...**
- ◆ **I choose to explore new roads and vistas on my journey through life.**

Stay tuned to Beyond the Horizons Newsletters for timely information to solve your management challenges! Please feel free to write to us at

info@beyondthehorizonsconsulting.com

or to call us to schedule a free, complimentary coaching session or consultation for your business needs. Jean Eva will be pleased to schedule a special time to meet with you. Call her at (505) 466-4990.

Beyond the Horizons Consulting offers a variety of services for individuals, teams, and organizations.

- ◆ Individual coaching for managers is a process that begins by identifying your style, what you want to retain and strengthen, and what you want to modify. Objective assessments are part of the process, as are also a mutual give-and-take of creative problem solving and supportive guidance.
- ◆ We offer group seminars on identifying and dealing with stress in a relaxing and supportive environment.

- ◆ We also offer group seminars on teamwork, using the MBTI or DISC.
- ◆ Our conflict resolution services help opposing parties identify mutual purpose(s) and restore harmony to your workplace environment.
- ◆ It is our pleasure to tailor a seminar to your company's, department's, or team's needs!

Take a look at our May and June, 2005, Newsletters to see our new, serene home, a place we invite you to take advantage of!

Call us to schedule a complimentary consultation for yourself or your business!

Our helpful Office Administrator, Stan, will work with you to schedule a meeting time that fits your schedule.

**Stan and Jean Eva can be reached at
(505) 466-4990**