

# INSIDEOUT Coaching and Consulting



**Bringing the Inside Out**

**NEWSLETTER**

**April 2007**

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## **Coaching: Create your destiny**

Where will you be in 2010?

As soon as I ask that question, your mind starts thinking about the possibilities. Will you be in the same town, doing the same things? Or will you be somewhere else, doing who knows what? Will your responsibilities have changed? When people start imagining the different options and choices or possibilities, it is called Possibility Thinking.

One of the distinct gifts of being human is our ability to create our own destiny. How many people never accept this gift or just give it away? It can be frightening to take control of our own destiny; after all we must take responsibility if it doesn't work out.

What can be done in 5 years? Start by reflecting on where you were and what you were doing in 2001. What has changed since then?

Next, ask yourself these questions:

What are you thinking about doing right now that might take some time to come to fruition? Are you working on a degree or certification? Are you considering taking a course that would improve your career but would require time to complete?

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Here's the bottom line. The future is coming and there's nothing you can do to stop it. Your goals may take some work. Worthy goals usually do. You can take action now; accomplish these goals and enjoy the rewards -or- you can still be putting them off, five years from now, because they might take too long to achieve.

It's up to you to decide where you want to be. Take some time to dream of the possibilities and set your intentions. If you could have any thing, any way you wanted, what would it be? What would it look like, smell like, sound like and feel like? Listen to your dreams, set a vision of your future. After you have the future set in your mind, write it down. Then share it with someone – your spouse, your children or your coach.

Now, go out and make it happen. Make it happen for your family, make it happen for your customers, and make it happen for you. It's your destiny to create.

(Adapted from Coaching Compass – CTA newsletter)



## **The Secret and the Law of Attraction**

Many of my clients have come to me and told me that they have watched the wonderful new movie “The Secret”. Oprah is talking about the Secret and so is Joanne Brandi, the customer service guru. But, what you may not realize is that the Secret is not actually a secret. The Secret is based on the “Law of Attraction” and the law of attraction “secret” has been around for 37 years.

The Secret is an excellent movie and has enlightened many people, as many of us do not have time or inclination to read self-help books. The Secret tells about this metaphysical law, but there are also some really good tools available that assist to easily use the law of attraction.

My favourite law of attraction coach is BC author, Michael Losier. His definition of the law of attraction is: “I attract to my life whatever I give my attention,

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energy and focus to, whether negative or positive.” In his book, Law of Attraction, the Science of Attracting More of What You Want and Less of What You Don't, Michael gives people the tools on how to use law of attraction every day in their lives to attract more positive relationships, more money and overall happier, more productive lives.

The basic beliefs of the law of attraction are that we put out vibrations and they are either negative or positive. Basically, a vibration is a mood or feeling. Many people talk about “bad vibes and good vibes”. Most of us have experienced this, for example, we meet someone and get a “good vibe” from them, which cues us to be friendly and open or a “bad vibe” may cue us to be wary of the person.

Law of attraction recognises a thought, mood or feeling and responds to that vibration. So if the thought is negative, it will respond negatively. If it is positive, it will respond positively. The job of law of attraction is to MATCH the thought, mood or feeling. It doesn't have the ability to analyze between a bad vibration or a good vibration, it just matches whatever we are putting out there, positive or negative. Feeling = response, thought = response, mood = response; with no interpretation.

Because the Law of Attraction is just responding to what you put out, then if you are putting out a negative vibration, that is what it responds to. An example that has happened to many people (maybe you?) might be: the power goes out in the night, you worry that your alarm won't go off, your alarm doesn't go off, you rush to get ready and everything that could go wrong does, your hair won't go the way you want it, your pants are wrinkled, your car has frost on the windows and needs to be scraped, when you finally get to work, there are voicemail messages from cranky customers crabbing because you are late. All the time, you are rushing and worried, the law of attraction is busy checking vibrations and matching, checking and matching, checking and matching...positive to positive, negative to negative. What is the law of attraction finding in this example?

Let's contrast the bad vibration here with a good one: you get up in the morning and you have had a great sleep. You look out the window and the sun is shining and you think: “it's going to be a great day.” You get ready for work and get there right on time. The phone rings and your favourite customer says that he or she is coming by and bringing a friend to meet you. You feel happy about this. The phone rings again and you have a really nice chat with another potential customer who makes an appointment. You think: “I'm really on a roll today.” The boss drops by and says that your work is going really well. Again, we all have great days and again the law of attraction is busily checking vibrations and matching, checking and matching, checking and matching...positive to positive, negative to negative. In this example, when law of attraction checks feelings, it finds positive to match, so you get more positive.

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If you make a chart, with two columns, with one heading called bad vibes and good vibes as the other, every feeling you can think of will fit under one or the other title. Good vibes include joy, passion, excitement, happiness, confidence and bad vibes include anger, depression, frustration and fear, among others. Every feeling in the dictionary will fit under one column or the other. The next step in understanding is realizing that at all times; we are feeling something, so we are projecting either a positive or a negative vibration.

Many times when people are setting goals or making wishes, they can always think about what they don't want. Most people usually don't have easy time thinking clearly about they want. The trick is to change negative thinking to positive, and one way to do this is to ask: "What DO I want?" An easy exercise to try is a compare and contrast chart. The first step is to take a piece of paper and choose a wish or a goal. For example, if you are troubled about money write: "I wish I was fiscally secure", as the goal on the top of the page. Next draw a line down the middle of the page vertically. Then make a list of all the things that you don't want to happen or don't like about your situation. Using the example of fiscal security, things on your list might include: always paying high interest on bills, worrying about where money comes from, anxiety about getting work, having the balance on your credit card increase, never having enough money to do what you want etc. The longer you can make the list, the clearer you will be. Now, take the list and on the right side of the paper, reframe those phrases into positive. Again, using the example, reframe the list to: paying bills on time, having money come from many sources, always having enough work, paying your credit card off every month, always having enough money to do what you want etc. As you change the negative to the positive, draw a line through the negative list on the left. What you are left with is a list of WHAT YOU WANT! If you focus on this list, then you can attract these things to your life.

The formula that Michael Losier uses as an affirmation to focus the list is: "I am in the process of attracting all that I need to do, know or have to attract my ideal financial situation". His belief (and I concur) is that many times we say affirmations that we actually wish were true, but just might not feel authentic. Remember that no matter how many times you say something or want to believe it, if you really just don't believe it, your mood, vibration or feeling will not ring true with law of attraction.

This is the beginning of clarifying what you want, so that you can concentrate on making it happen. In the next (July) newsletter, I will continue this series with another article on how to increase the believability of your affirmations. Or if you just can't wait, you can visit Michael's website at [www.lawofattractionbook.com](http://www.lawofattractionbook.com) or contact me, Leslie Adams at [www.coachinsideout.com](http://www.coachinsideout.com).

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There are many successful famous people, some of whom you can meet in The Secret who swear that the reason they are successful is by understanding how to use the Law of Attraction. You too can have whatever you want using this tool. It is worth knowing the SECRET!

### **Tips: Choose the Happiness Habit:**

Happiness can be defined as a feeling of inner peace and satisfaction. Usually people feel happy when they are not experiencing stress, worries or fears or when they do something they love to do or when they achieve something valued. Happiness comes from inside, but can be triggered by what is happening outside.

1. Attempt to look on the bright side. The mind may drag you to think about negativity and difficulties. Don't let it. Try to look at the good and positive side of every situation.
2. Think of solutions, not problems.
3. Listen to relaxing, uplifting music.
4. Watch comedies or read books that make you laugh.
5. Each day, devote some time to reading a few pages of an inspiring book or article or meditating or just thinking.
6. Always look at what you have accomplished and not at what you have not been able to finish. You have spent all day successfully carrying out many plans, and focus on feeling happy and satisfied, instead of looking at what was not accomplished and feeling unhappy. Be fair to yourself.
7. Each day do something good for yourself. It can be anything: eating something you love, watching your favourite program on TV, going to a movie, chatting with a friend or just having a walk.
8. Practice Random Acts of Kindness. Whenever possible do things to make others happy. This can be a kind word, helping your colleagues, stopping your car at the crosswalk to let pedestrians cross, giving your seat in a bus to someone else, or giving a small present to someone you love. The possibilities are infinite. When you make someone happy, you become happy, and others spread happiness around.
9. Always expect happiness.
10. Do not envy other's happiness, be happy for them.
11. Associate with happy people, and try to learn from them to be happy. Remember, happiness is contagious.
12. When things do not proceed as intended and desired, practice detachment. Detachment will help you stay calm and control your moods and reactions. Calmness and peace are elements of happiness.
13. Smile a lot! This is also very contagious.

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ARE YOU OR YOUR  
ORGANIZATION WORKING  
AT YOUR FULL POTENTIAL?



INSIDE OUT CAN HELP YOU  
REACH FOR THE STARS!

## WHAT'S HAPPENING WITH INSIDE OUT?

Mid-April, exact dates to be announced: **Law Of Attraction Study Groups** start – Inside Out Coaching, Leslie Adams and Living Proof Nutrition, Tammra Green will be opening the doors to host study sessions about Law of Attraction.

May 5 & 6: **Golden Kinsmen Trade Fair** – Inside Out Coaching and Consulting is excited to be sharing a booth with Liza Hindmarch, Homeopathic Practitioner.

May: **Time Management Workshop** – Inside Out Coaching and Consulting and the College of the Rockies will be coordinating and offering a workshop to a private group.

Upcoming in the Fall: Inside Out Coaching and Consulting and the College of the Rockies will be partnering to offer public workshops with themes such as **Effective Communicating and Attracting More of What You Want using Law of Attraction.**

If there are workshops that you or your business could benefit from and you are interested in seeing them offered, please contact us at [insideout@uniserve.com](mailto:insideout@uniserve.com).

## Quotes to Live By

***"Your work is to discover your world and then with all your heart give yourself to it."***

~ Buddha ~

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