

Staying Positive in Challenging Times

Cecily MacArthur, Life Coach, Transition Specialist

September 24, 2009 6:00 - 7:30 pm Eastern Time

Con-call access information:

You should have already received a confirmation email with the conference call in number and your individual PIN number. You will then receive, a reminder notice 8 hours before the call.





Teleconference Workbook: Staying Positive in Challenging Times

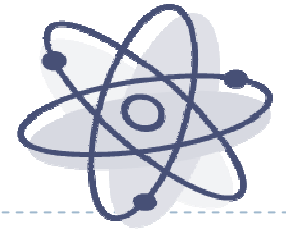
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Agenda



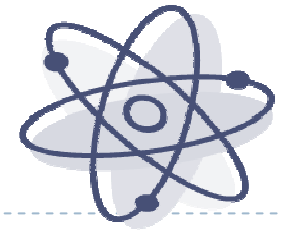
- ▶ Introduction
- ▶ Negative and Positive Energy
- ▶ Taming Your Inner Critic
- ▶ The Power of Gratitude
- ▶ Developing a Positive Action Plan
- ▶ Closing

Warm-up Exercise



- ▶ On a scale from 1 to 10
 - ▶ To the far left, 1 is extremely negative, as fearful and anxious as you can be
 - ▶ To the far right, 10 is extremely positive, as joyous and happy as you can be
- ▶ Where are you right now? How positive are you in this moment?

Energy Choices



Negative Energy (Outside-in)

- ▶ Fear
- ▶ Hate
- ▶ Anxiety
- ▶ Complaints
- ▶ Meanness
- ▶ Blame
- ▶ Weaknesses
- ▶ Powerless
- ▶ Unconscious
- ▶ Criticism
- ▶ Scarcity
- ▶ Bored
- ▶ Roadblocks
- ▶ Stuck
- ▶ Failure

Positive Energy (Inside-out)

- ▶ Joy
- ▶ Love
- ▶ Peace
- ▶ Gratitude
- ▶ Kindness
- ▶ Praise
- ▶ Strengths
- ▶ Powerful
- ▶ Conscious
- ▶ Support
- ▶ Abundance
- ▶ Excited
- ▶ Pathways
- ▶ Action
- ▶ Success



Describing Your Inner Critic

- ▶ How would you describe your inner critic?
 - ▶ Is it a creature, a person, or something else?
 - ▶ Is it male or female?
 - ▶ What color is it?
 - ▶ What does it look like?
 - ▶ What would it feel like to touch it?
 - ▶ Does it have a smell?
 - ▶ How does it behave?
- ▶ What is your inner critic's name?
- ▶ What does your inner critic like to say to you?

- ▶ How do you feel when it says these things to you?

Inner Critic Breakout



- ▶ Share with your partner:
 - ▶ What your inner critic looks like
 - ▶ The name you came up with
 - ▶ What your inner critic says to you most often

Practicing Taming Your Inner Critic



- ▶ **Step 1: Notice when and how often your inner critic shows up**
 - ▶ What's happening to attract your inner critic? What are you doing or feeling? How tired are you?
 - ▶ How much is your inner critic running your life?
- ▶ **Step 2: Be aware of what your inner critic says to you**
 - ▶ Would you allow someone else said to say these things to you?
 - ▶ So why is it OK for your inner critic to do it?
- ▶ **Step 3: Shut your inner critic down**
 - ▶ Shout out “Stop!” every time you hear your inner critic’s voice; other words – “cancel” or “delete”
 - ▶ Imagine a blackboard with the words written in caulk, and then visualizing an eraser wiping the board clean
 - ▶ Imagine you are turning down the volume; hitting the mute button
- ▶ **Step 4: Replace negative thoughts with positive ones; “I can” statements**
 - ▶ “I can do it!”, “I have what it takes!”, “I deserve it all!”, “I am powerful!”



Know Your Strengths

- ▶ What are the strengths you were born with (not the things you have learned)?
 - ▶ What makes you unique? What would your friends and family say are your strengths?
- ▶ **Make a list:**
- ▶ My special talents (examples: singing, green thumb, mechanical, cooking, nurturing)?

- ▶ My physical characteristics (examples: athletic, intelligent, high energy, agility, nice eyes, good hair)?

- ▶ My character (examples: sense of humor, generous, kind, courageous, considerate, persistent)?

Strengths Breakout



- ▶ Share with your partner:
 - ▶ What are your strengths
 - Your special talents
 - Your physical characteristics
 - Your character
 - ▶ How it feels when you share your list

Gratitude Breakout



- ▶ Share with your partner:
 - ▶ What you are grateful for
 - ▶ How it feels when you share your list



Practicing Gratitude

- ▶ What could you do to establish a gratitude practice in your life?
 - ▶ Note 3-5 things you are grateful for each day
 - ▶ Keep a gratitude journal
 - ▶ Review a mental list – “Count your Blessings”
 - ▶ Add gratitude to your prayers
 - ▶ Be grateful for your accomplishments - “What were my wins today?”
“ This week?”
 - ▶ Make a point of looking for more things to be grateful for each day
 - ▶ Create a Gratitude Vision Board
 - ▶ Focus on visual images of what you are grateful for
 - ▶ Identify future gratitude
 - ▶ Picture 3 things you want in your future, in the form of gratitude, as though it’s already happened

Developing a Positive Action Plan



- ▶ What could you do that would move you into more positive energy?
 - ▶ What could you stop doing?
 - ▶ What could you keep doing?
 - ▶ What could you start doing?



Your Positive Action Plan

- ▶ List 3-5 things you are willing and able to commit to doing for/within the next 30 days

What are my commitments?	How will I do it? What resources will I need?	When will I do it/complete it?

Last Thoughts...



“Remember, happiness doesn’t depend on who you are or what you have; it depends solely on what you think.”

Dale Carnegie

“If you correct your mind, the rest of your life will fall into place.”

Lao-Tzu

“Most of the shadows of this life are caused by standing in one’s own sunshine.”

Ralph Waldo Emerson

“If you want to make your dreams come true, wake up. Wake up to your own strength. Wake up to the role you play in your own destiny. Wake up to the power you have to choose what you think, do, and say.”

Keith Ellis

Thank You!



- ▶ To receive my *Live Your Magnificence Newsletter*, please sign-up on my website:
 - ▶ liveyourmagnificencecoaching.com
- ▶ To set up a **FREE** sample coaching session, please contact:
 - ▶ Cecily MacArthur
 - ▶ 781-925-2506
 - ▶ cecily@coachcecily.com

Reading Suggestions



- ▶ **Taming Your Gremlin: A Guide to Enjoying Yourself** *Richard D. Carson*
- ▶ **Change Your Thoughts, Change Your Life** *Dr. Wayne Dyer*
- ▶ **Being In Balance** *Dr. Wayne Dyer*
- ▶ **Manifest Your Destiny** *Dr. Wayne Dyer*
- ▶ **The Success Principles: How to Get from Where You Are To Where You Want to Be** *Jack Canfield*
- ▶ **The Aladdin Factor** *Jack Canfield and Mark Victor Hansen*
- ▶ **The Art of Possibility** *Rosamund and Benjamin Zander*
- ▶ **Money & The Law of Attraction** *Esther and Jerry Hicks*
- ▶ **Think and Grow Rich** *Napoleon Hill*
- ▶ **Conversations with Millionaires** *Mike Litman and Jason Oman*
- ▶ **The Traveler's Gift: Seven Decisions That Determine Personal Success** *Andy Andrews*
- ▶ **Dark Side of the Light Chaser** *Debbie Ford*
- ▶ **The Secret of the Shadow** *Debbie Ford*
- ▶ **Get Out of Your Own Way** *Mark Goulston, MD*
- ▶ **Help is Not A Four Letter Word** *Peggy Colline*
- ▶ **Stand Up For Your Life** *Cheryl Richardson*
- ▶ **The Art of Extreme Self-Care** *Cheryl Richardson*
- ▶ **The Power of Now** *Eckhart Tolle*
- ▶ **Happy for No Reason** *Marci Shimoff*
- ▶ **Emotional Freedom; Liberate Yourself From Negative Emotions and Transform Your Life** *Judith Orloff, MD*
- ▶ **The How of Happiness: A New Approach to Getting the Life You Want** *Sonja Lyubomirsky*
- ▶ **Fearless Living; Live Without Excuses and Love Without Regret** *Rhona Britten*
- ▶ **How to Overcome Fear and Live Your Life to the Fullest** *Marcos Witt*
- ▶ **The First 30 Days: Your Guide to Any Change** *Ariane de Bonvoisin*
- ▶ **When Everything Changes, Change Everything** *Neale Donald Walsch*
- ▶ **Building Your Field of Dreams** *Mary Manin Morrissey*
- ▶ **Overcoming Life's Disappointments** *Harold S. Kushner*
- ▶ **Be Yourself, Everyone Else is Already Taken** *Mike Robbins*