

Points to Ponder: *What's holding you back? What's moving you forward?*

Life can be interesting at times. Life also presents us with many gifts. Now my preference would be for the gifts to be in the middle of my living room, wrapped in special paper with a big bow and a gift card, so I would be sure not to miss them. However, life's gifts come wrapped in a variety of ways; some of which we may not recognize. Some of the gifts are obvious, such as the beautiful flowers and trees bursting forth throughout the Spring season. Or to my friends down under who are being blessed with the many gifts that fall brings with it. Following are some recent gifts I share with you now.

* **My sister and I swap books on a regular basis.** Recently she gave me the book, *Write It Down, Make It Happen* by Henriette Anne Klauser. I had heard of the book and that many people seemed to get a lot out of it. Initially, though I had the attitude, "I journal and I am a writer, so what could this book teach me that I don't already know." This attitude might fall into the 'been there, done that' way of thinking. Well last week I was compelled to pick up the book and begin reading. Skimming wasn't enough, I had to read the whole thing...in two days. Surprise, surprise! There were several insights and tips that sparked me in powerful ways. I discovered I had not 'been there or done that' the way I thought. Of course this makes sense because, like many of you, I am constantly growing, changing and evolving. And yes, writing *it* down is beginning to make *it* happen to and for me...more on this in future issues.

* **Recently I was invited to be a guest speaker for a teleclass (a live class held via a telephone bridge line.)** I received an e-mail fifteen minutes prior to the call letting me know the facilitator was ill and that I would be doing the class solo. Recently I attended a dinner meeting where the original speaker couldn't make it. He found a replacement whom he felt confident would deliver a quality program. This change was done well in advance of the meeting. We do have a choice in how we show up with these and similar situations (aka gifts from life). Think about these two situations. How would you handle it if it were you in either one? Don't worry about whether or not you are a professional speaker. How would you handle things

if you were asked to fill in for someone? What would you do if you were to take over for someone at work because they couldn't make it or were out sick? What might you tell any others involved initially? How might you act throughout the engagement/job? On the outset these two situations appear as problems (simple or traumatic depending on how you view them). Yet these types of opportunities are gifts that we are given. These are gifts where we can rise to the occasion and give it our best. Or we can step into the shadows and let it pass us by. The two situations described earlier were handled in completely different ways. Send me an e-mail Antoinette@ASystemthatWorks.com or give me a call if (513) 887-0600, if you want to know how things turned out.

* **Our minds are incredible.** They can process millions of bits of information in seconds. Messages and signals are sent to our organs, muscles and internal systems every second of every day. On top of that our minds are processing thoughts, generating ideas, and filtering information. What do you do with the thoughts and ideas, especially the good ones? Have you had the experience of getting some really great ideas then telling yourself you'll remember them later. Later arrives and the thoughts have disappeared into the ethers. Yes this has happened to me too. When an idea comes I write it down a notebook or index cards that I keep handy. (Note: I was doing this before reading the *Write It Down...* book). I have also spoken the ideas into a tape recorder. But capturing them isn't enough. It is also important to do something with the ideas. The doing something aspect includes discerning the priority and then taking appropriate action. Things began to change since I began taking action on my ideas. More ideas and inspired thoughts are flowing to my mind. More importantly, the ones I take action on manifest results that are better than I could have imagined. My recommendation to you is to keep track of your inspired thoughts and ideas. Who knows, you might hold the key to something that could improve processes, make money, save time or resources and possibly lives.

* **In thinking about the focus for this section, a long ago conversation with my sister came to mind.** We were talking about different things when she began complaining about how another person mistreated her or said things my sister didn't agree with. I really wasn't the one she needed to be talking to about this. At one point I asked her if she said anything to the other person. Her response was one I

have heard from others and even said myself. She said, "No, it wouldn't do any good." The negative energy wrapped up in this was palpable. The truth is that saying something does matter. It matters to the one speaking up, speaking his or her truth. The power, the good, is in the speaking. Talking to those who cannot do anything about the situation usually ends up being non-productive. Not speaking up to the appropriate person can lead to stress or even cause health issues. Take your power back by speaking your truth, from a heart-centered space, without judgment for blame. You are worth it.

***A break from work was in order.** I turned the TV on and surfed the channels for something funny or interesting. I stopped briefly when I heard, "*A proper goodbye sets you up for a good beginning.*" A woman by the name of Marilyn Hickey was speaking to a group of people. She repeated this phrase several times with the different points she was making. "*A proper goodbye sets you up for a good beginning*" is a powerful thought. This relates to bringing closure to relationships we have outgrown, releasing the patterns and beliefs that no longer serve us, or moving to the next chapter in our book of life. There are various ways for us to say goodbye. Words, letters, rituals, journaling, gathering friends together, drawing or painting, whispering our goodbyes when taking a walk in the woods are only a few of the things that come to mind. Closure, in whatever form, is meaningful on many levels. Letting go, moving on, saying goodbye all mark the transition from what was to what is becoming — a good beginning. What a great way to move forward!

With Greater Clarity & Focus,

Antoinette

Book update and a sampling of:

Enthusiasm! How To Draw It To Yourself & Keep ItSM

I am pleased to say the *Enthusiasm! How To Draw It To Yourself & Keep It* book manuscript has been completed. The editing and review process is underway; anticipated availability of the e-book edition is mid-April 2005. Also discussions are taking place with publishers for the printed edition.

Pre-publication copies for limited distribution are available for only \$15. Order yours at order@ASystemthatWorks.com This is a savings of \$5 and expires at the end of April.

And now for a sampling of one of the 32 things that can cause some people to be enthusiastic.

Enthusiasm! Is caused by...

□ Working toward something

For many it is the steps involved or the overall process that excite them, not the end result. Everything about the planning, gathering of necessary resources, and implementation is the "buzz". Another way of looking at this is that it's in the getting there, not the arrival that causes enthusiasm. One thing I have noticed is generally there is feedback along the way that builds momentum.

⚡ If this is one of the things that cause you to be enthusiastic, then awareness and mindfulness of it are great tools in your day-to-day experiences. Be aware that you enjoy the process and be mindful of how you do what you do *and* what you learn/experience along the way. You could even keep a journal or make notes on your calendar as a reminder.^{ASW}

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