



Liz Holland life coach & professional supervisor

The 5 Minute Read

Topics brought to your attention to improve your personal and professional lives

January 2010

Welcome to the first "5 minute read" for 2010.

Thank you to those of you who responded to my request in my last newsletter for another name for "retirement". I had some great ideas and suggestions sent to me which showed a lot of thought. The prize is still available – as my favourite so far is "Refocused" which is a name I "borrowed" from a friend's Christchurch photography & picture framing business! (If you want to see some great photography /cards or need pictures framed go to John Smith's website: www.photonz.net). I think there is another word out there to describe life "beyond 8am -5pm", so I welcome further suggestions.

2010 – Doesn't it sound great?

As we pass into a new year and new decade, it is an ideal time to pause and reflect on the last decade and the knowledge we have gathered from the lessons life teaches us. This reflection and identification of things we now know that we did not know in 2000 can be a useful foundation for looking forward to creating the next 10 years of our life.

This "5 Minute Read" is not about new year resolutions or goal setting, but to ask you to think about **who** you want to be in the world, and how will people know from how you act, what values are important to you. I hope you are willing to take up the challenge with me!

Warm wishes for a wonderful decade.

Liz Holland
Associate Certified Coach -International Coach Federation
& Professional Supervisor
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“Be the Change You Want to See in the World”

Gandhi said “Be the change that you want to see in the world” – what a H-U-G-E challenge to us!

Stop and recall any thoughts you have had recently that may have started with....

- “I wish that.....”
- “If only he/she/they did/did not.....”
- “Why do people.....?”
- “Why can’t they.....?”
- “If they only.....”
- “We all should.....”
- “They should.....”
- “You should.....”

Finish the sentence with a phrase that is meaningful for you.

What you are doing is starting to identify how you want your world to be and how you want other people to behave. These people can be family, friends, politicians or people you hear about in the media.

It is very easy to identify how other people could behave to make the world a better place – but how about we start with our own behaviour first – the only behaviour we can be truly responsible for?

Some suggestions to start making these changes are:

1. Collect information

- Be observant of your own thoughts and words when you are responding to a situation. You will become aware of wishing that you or other people would do something differently. Collect these “wishes”.
- Listen to other people – what are they saying on how they want the world to be.

2. Use the list below as a prompt of how you want the world to be. Read the list and add your own “wishes”. Circle 5 that are very important to you:

- | | | |
|----------------|------------------|--------------|
| · Active | · Forgiving | · Reflective |
| · Adventurous | · Friendly | · Respectful |
| · Beautiful | · Frugal | · Safe |
| · Bountiful | · Generous | · Sensible |
| · Brave | · Green | · Serene |
| · Calm | · Happy | · Spiritual |
| · Challenging | · Healthy | · Talented |
| · Clean | · Hospitable | · Thoughtful |
| · Connected | · Intelligent | · Tolerant |
| · Courageous | · Just | |
| · Creative | · Kind | |
| · Diligent | · Loving | |
| · Educated | · Non-judgmental | |
| | · Playful | |
| · Energetic | · Predictable | |
| · Enthusiastic | | |

3. Look at the 5 words you have identified and think of examples of how you already demonstrate these characteristics in your day to day life. How would an observer know that you are demonstrating these characteristics by your actions?
4. Identify another 5 important words. If you don't already demonstrate these in your daily life, how could you?
5. Start acting in the way that you wish others would.....

Often we intend to be the *peaceful, calm, thoughtful, courteous, hospitable, friendly, non-judgemental, brave* (fill in your own words) person that we want others to be, but we don't always act on our intentions. We may tell other people about what we "intend" to do – but we still don't act. Other people can only observe us through our behaviour because they do not know what is going on in our heads.

Next time you hear yourself commenting or thinking about how you want someone else to be – or the world to be – stop, listen to yourself and then plan ways you could be like this and then take action. By taking an active approach to being the person you want to be, other people in your life will also benefit and respond well towards you, which in turn will improve your world.

Is anyone else bold enough to take up Gandhi's challenge with me and make this decade an even better one than the last?

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Contact Liz:

Email: lizholland@xtra.co.nz
Phone: 03 476 1479
Mobile: 027 228 4623
Web: www.lizholland.biz

When we are aware that we want to make some changes in our lives, whether at work or in our private lives, it is easy to proceed with great enthusiasm and then for our progress to gradually slow down as day-to-day activities take over our lives, or we run across obstacles which seem insurmountable, or we just run out of steam. This is similar to having good intentions when making New Year resolutions. We resolve to do something or cease to do something on January 1st and by February 1st our good intentions have not been acted on. Having a coach or a professional supervisor can assist you in maintaining your momentum. I encourage you to email me today to see how I can assist you in achieving your personal and professional goals."

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