



## **TRANSFORM UNDESIRABLE SITUATIONS INTO DESIRABLE SITUATIONS**

### **\* Focus on what is working and the blessings around you and lift your spirits**

Focusing on the negative aspects of your undesirable situation or on how you can escape from them is likely to dampen your spirits. Instead focus on the positive aspects and notice what happens. Ask yourself "What good things are going to happen today?" or "What opportunity is this situation giving me?"

### **\* Be grateful for what you have and discover the magic of gratitude**

Gratitude unlocks the fullness of life and brings a richness and peace into your day. It can transform denial into acceptance and what you have into enough. Ask yourself "What can I be grateful for today?" or "How can I celebrate my most cherished relationships?"

### **\* Make sure your beliefs are supportive and let you move on quickly**

Your beliefs dictate what you do, they will either hold you back or support you in moving on. Examine them and if necessary change them. Adopt the belief 'every cloud has a silver lining'. Ask yourself "What is the silver lining that I am not seeing yet?" or "To improve this situation quickly and with ease what belief do I need to change?"

### **\* Let go of control and accept change gracefully**

Give up the idea that you can control everything. Let go of expectations, do the best you can and learn to be flexible. The more gracefully you weather the storm the more freedom you will experience and the more joy you will find in your day. Ask yourself "In the face of this storm how can I bend more gracefully?" or "To reduce my load, what do I have to let go of?"

### **\* Simplify your life and nourish your soul**

During times of dis-ease making time to nourish your soul is essential; the food could be meditation or music or walking on the beach; take the time and find out what nourishes you and gives you strength and peace. Ask yourself "How can I simplify my life so that I can spend more time and energy doing the activities that nourish my soul at this time?"

### **\* Take one day at a time and life will get better**

Storms generally create havoc; often undesirable situations - chaos, hardships, lost direction, fears and doubts - follow. Life however must continue and the old recipe 'take one day at a time' is a wise one. Follow it and add plenty of patience, faith and courage. Ask yourself "How can I make this recipe even more effective today?"

### **\* Take life lightly and re-capture your joie de vivre**

Life is short! Today we're uncovering more and more evidence to support the idea that laughter is the best medicine. Allow yourself to have fun, laugh and play. When you are feeling weighed down with the concerns of the day ask yourself "Does this really matter?" or "What is stopping me from laughing and having fun here?"

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