



## **Hello beautiful “you”!**

Let me begin by wishing you an outstanding 2011! May this new year bring you health, joy, success and all your heart's desires!

I'd like to start the year by sharing with you what I believe to be one of the keys to producing the results you want. In the course of my coaching practice, I have worked with people with a variety of profiles and backgrounds. While each person is really their own fascinating universe with their particular interests, beliefs, etc., I have also been able to identify commonalities between people, especially in terms of what seems to really make the difference of the difference in the quality of their lives. This has led me to conclude that more than anything else, human beings are creatures of habit.

It follows that awareness is far from being enough to produce change. For instance, many of us are aware that in order to be in optimal health, we need to practice some form of exercise. Yet, that awareness is not sufficient to get us to the gym. Not only that, but we all likely agree that exercising a few times a year will not allow us to develop the six-pack abs we might be dreaming of. The secret to our success here is to first work on our psychology, then to choose a type of exercise we really enjoy, and finally to commit to taking consistent action week after week after week in order to become the fit image of ourselves we aspire to be. In other words, we need to form a new habit where exercise is not just something we do occasionally but something that forms part of our weekly (if not daily) routine and ultimately becomes part of who we are.

While most of us can see how this is true for our physical health (probably because the results are so tangible), many of us have difficulties to see how that principle also plays out in our psychological health. Yet, whether conscious or unconscious, any recurring thinking pattern is a habit that ultimately impacts the quality of our lives. Consider for instance the impact of filtering life through the primary question “Am I going to fail again?” versus asking ourselves the more empowering question “How can I make this work?” (see [Your primary question](#) for more information). The problem, however, is that more often than not we consider our thinking patterns to be on automatic pilot. So, how do we resume control?

We resume control by establishing mental rituals that help us recondition our default thinking patterns – just like regular exercise allows us to get physically fit. Rituals can take on many different forms: incantations, meditation, visualization, mindfulness, mastermind groups are all examples of such rituals. The key to the success of our rituals is that they themselves become a habit. For this reason, in addition to using rituals we truly enjoy, we also need to set specific times and choose specific places to practice them. We can even combine our mental rituals with our physical rituals, listening to inspirational speeches while exercising for instance. Best of all, our whole life can become an opportunity to practice our rituals – a family dinner, a business meeting or even a meal, when approached with awareness and intentionality, can all become stepping stones towards creating the deeply satisfying life and identity we strive for. And so, paraphrasing one of the most precious advice I was ever given, I invite you in 2011 to organize your whole life around your rituals! For even more information and ideas on the topic by the great Tony Robbins, I strongly recommend you [click this link](#).

Wishing you, your family and our planet the very very best!

## **Tips to create new empowering rituals**

- 1- In the upcoming week, observe what your default mental habits are. Ask yourself: "What types of thoughts do I entertain most?". Notice for instance how much time you spend criticizing other people or complaining, etc., and how much time you spend entertaining empowering thoughts.
- 2- With your list of disempowering thoughts in hand, ask yourself: "What's the cost of me entertaining those disempowering thoughts?". Think in terms of costs to yourself, to the quality of your relationships, to your future, etc.
- 3- Now ask yourself: "In order to live a life in line with my deepest aspirations and with whom I want to be, what new thoughts would I have to entertain instead?". Notice how that would impact your self image, the quality of your relationships, your very future, etc.
- 4- Finally, list 3 or 4 rituals you will put in place in order to cultivate those new empowering thoughts. You may want to implement a routine of setting an intention for the day ahead as you wake up and going for a walk at lunchtime in order to make sure your day is going as per your morning intention. Whatever ritual you choose, make sure it is something you enjoy and something you can commit to on a regular basis. And remember: a 5-minute daily mental ritual is better than no ritual at all!



*Our mind is (like) a muscle – make sure you set time aside to exercise it properly every single day!*

**Do you find yourself bumping again and again against the same wall? As part of your weekly rituals, a coaching relationship will create the accountability structure you need to achieve breakthroughs in your life. Book an introductory session via email at [sophie@essencialcoaching.com](mailto:sophie@essencialcoaching.com) or phone 604 985 4499.**