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

<table>
<thead>
<tr>
<th>Negative Energy (Outside-in)</th>
<th>Positive Energy (Inside-out)</th>
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<tbody>
<tr>
<td>Fear</td>
<td>Joy</td>
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<tr>
<td>Hate</td>
<td>Love</td>
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<tr>
<td>Anxiety</td>
<td>Peace</td>
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<td>Complaints</td>
<td>Gratitude</td>
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<tr>
<td>Meanness</td>
<td>Kindness</td>
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<tr>
<td>Blame</td>
<td>Praise</td>
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<td>Weaknesses</td>
<td>Strengths</td>
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<tr>
<td>Powerless</td>
<td>Powerful</td>
</tr>
<tr>
<td>Unconscious</td>
<td>Conscious</td>
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<tr>
<td>Criticism</td>
<td>Support</td>
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<tr>
<td>Scarcity</td>
<td>Abundance</td>
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<tr>
<td>Bored</td>
<td>Excited</td>
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<tr>
<td>Roadblocks</td>
<td>Pathways</td>
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<tr>
<td>Stuck</td>
<td>Action</td>
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<tr>
<td>Failure</td>
<td>Success</td>
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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
What are You Grateful For?

- What am I grateful for, today?

- Where did you feel gratitude in your body?
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

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<tr>
<th>What are my commitments?</th>
<th>How will I do it? What resources will I need?</th>
<th>When will I do it/complete it?</th>
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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