



EmpowerChangeNow Newsletter

Life Transformations— empowering change

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Volume 2, Issue 3

Create Success with Enlightened Leadership Concepts:

- Last chance to register for the Enlightened Leadership Training -April 3
- Mental Models help with risk mitigation
- Maintain an attitude of gratitude
- Importance of intuitive awareness

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Welcome!

This issue is full of valuable tips to help empower you to move forward in your life - both professional and personal. Feel free to send me a note if you'd like to share your experiences using any of this information. Enjoy!

Sincerely,

Joanne Aaronson

Intuitive Life Coach, PMP, Ct. EIIS, CT.Reiki



Life Transformations was founded in 2002 by Joanne Aaronson. Joanne's mission is to foster empowerment in the individual to achieve his/her ideal life including relationships, career, and financial situation. Or for the executive, to achieve Enlightened Leadership to empower their best organization possible. The [Empower Change Now Newsletter](#) was started in 2007 to support this mission by sharing information about the underlying paradigm shift necessary to empower change in the individual that can open up unlimited possibilities.

Using Mental Models

SITUATION: I was on overhead and my time that the company would allow me to not be assigned to a project was coming to a close. My prior program lost funding and I was cut about 2 months before. I had covered my time with an interim effort for about 7 weeks but had now been on overhead for about 3 weeks. I had one interview with what seemed like a great situation. The position was close to home, using my skills and the people seemed receptive. The interview had gone very well. It would just be a couple days until their decision was made. In the meanwhile, another opportunity popped up and the company insisted that I go on the interview. This position was the polar opposite of the other one. It was not using my skills, I would have died in that job, and it was in a location that I would have needed a helicopter to get to. It was awful! So I checked in to my Inner Guidance System (IGS) to determine my mental model for the next couple of days. I saw the second interview scheduled but never happening. I would get a call from the first and great job notifying me of their acceptance prior to having to actually go on the interview. I breathed a sigh of relief and scheduled the interview per instructions from my manager knowing in my heart of hearts that it wouldn't happen.

Result: The morning of the interview I was relaxed, went about my business and about 2:00 in the afternoon the call came from the first organization. I was accepted right on schedule. Needless to say, I was elated. I had gotten the job I wanted, satisfied the requirement to not miss any opportunities to "look for a position" but never had to go to the second position. Worse yet, I was also told that whichever organization asked for me first was the one I had to accept! It could have been a catastrophe! If I had refused to schedule the second interview, I would have been in big trouble. There are many situations in life that have twists and turns like this one I've just described. By using your IGS and mental models, you can learn how to dodge the curve balls and not make yourself crazy.

The Importance of Intuitive Awareness

It was a cold, rainy night and the roads were freezing up. I had to stop at my local shopping plaza to vote and saw how slippery the sidewalk was there early evening. That same night, I was due to meet a friend for dinner in the same neighborhood. Since I had an hour prior to our meeting, I decided to stop back home and come again rather than wait there.

Once home the thought to get my friends phone number came into my head. "You might need to reach her since the weather is bad. She could run into a problem and there would be no way to reach her or for her to reach me". I had only given her my home phone number and not my cell phone so she would not be calling me in case of an emergency. For some reason, I didn't get the phone number. There was a stubborn part of me that reacted and said, "Why do I always have to be prepared? Can't someone else be responsible and call me if they have a problem?"

I waited home until shortly before the appointed time and then headed back to the Plaza. As I got out of the car, and as I stepped on to the curb, I realized how very slippery the sidewalk was. Although I tried to be careful, my foot went out from underneath me and I landed on my hip before I knew what had happened. I quickly got up and assessed the possible damage; nothing seemed to be broken! I seemed to be ok, although I was just a bit shaken due to the fall.

It wasn't that much of a stretch for me to realize that if I fell, it would be possible for my friend to do the same, or run into some other similar problem. I suddenly regretted not having her phone number with me. Suppose I had been hurt and needed to tell her that I had to return home? Of course, she could run into a problem on a night like this also.

With these thoughts, I walked ever so slowly into the Plaza to the selected restaurant arriving right on time. I took a seat at a table and began to feel the pain coming through on my thigh where I had fallen. I knew there would be a bruise. I was distracted away from my pain by the waiter asking for my order, but I told him that I would wait for my friend. After about 30 minutes, when she didn't arrive and after staring blankly at my non-ringing cell phone, I again regretted my stubbornness of not bringing her phone numbers. I wasn't up for eating much at this point as I was starting to really not feel well, so I just ordered some soup and decided to wait another 15 minutes. By 8pm, I had waited 45 minutes bearing the waiter's stare with a "so you've been stood up look on his face" to which I responded that I was sure that she'd run into problems, when I decided to leave.

On the way home, I drove into my development and put my foot on the break a bit too quickly for the icy conditions and my car spun out of control for about 20 seconds. It seemed like an eternity as my car swayed back and forth across the road, coming to a stop only after almost hitting a tree. My heart was racing. I wasn't upset about the missed meeting with my friend, I thought I was driving slowly, but it was just a dangerous night to be on the roads. Why hadn't I listened to my intuition that flashed "Maybe you should cancel because it's icy and dangerous to-night"?

Once home, I called my friend. Upon answering her cell phone, she proceeded to tell me her story of the evening. She was using public transportation from downtown and her trip was delayed due to the weather. She normally took phone numbers with her in case of an emergency but didn't this time either. I told her to be safe and to just get home – slowly.

This story is a good example of how we get messages and have a choice to listen or not. We can learn from experience but it's even better to learn to listen to our messages.



Remember to:

- Use your intuition
- Check-in when there's problems
- Trust the answer

10% OFF LIFE COACHING! New to intuitive life coaching? What would you like to improve in your life? relationships? finances? career? Here's an opportunity to try out a session at a reduced price. Call or email today! 703-624-0130.

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Balance Your Life Corner

Whole grains are the big thing now for healthy diets. Ever try brown rice? It cooks up with just water like regular rice but has more vitamins and fiber. Serve brown rice as a side dish with other vegetables and if you prefer, some chicken or other meat. Here's my recipe for leftovers:

Rice Pudding:

- Cooked rice
- Yogurt
- Sugar to taste
- Raisins

Put approximately 2 cups cooked rice, 1/2 cup yogurt, some sugar and about 1/4 cup raisins in a pan and heat slowly so as to not divide the yogurt. Once the rice is really soft, let the mixture cool. I love this recipe and it's low in calories.

Don't Miss This Opportunity, Register now for the April 3, 2008: Enlightened Leadership Workshop

Maximizing Creativity via Innovation, Imagination and Intuition

Information and to Register

Maintaining an Attitude of Gratitude: The Thank You Note

Situation:

Everyone likes to be appreciated. We had just finished a big push to get a huge, multi-part deliverable that involved most of the over 100 people on the program. It was successful. At a minimum, I felt that the Program Manager should send a thank-you note to the whole team to express his gratitude for the job well done. This past Monday was the actual presentation to the customer and the whole thing was accepted. Tuesday went by and no note. Wednesday went by and no notice was given by the Program Manager. At this point, I felt that the window of opportunity would quickly pass and so I took matters into my own hands. I wrote to the Program Manager to remind him, as delicately as possible, of the importance of maintaining an Attitude of Gratitude.

What happened:

"I know you've been very busy, and it's probably an oversight, but your team would appreciate a "you've done a great job pulling this together and making it successful message" from their Program Manager. Gratitude and appreciation are key qualities of an Enlightened Leader, " and I signed my name, knowing that there could be repercussions from such an emailed note. I took a risk because I felt it was necessary to take a stand on maintaining an Attitude of Gratitude. I was pleased to see that he did write a note Friday afternoon, not in my words, but in his to the team thanking them for their effort. From what I'd been told, it was atypical. He'd not sent a thank you note before after the other major deliverables were presented.



What does this show us?

That even one person in an organization, with the right attitude, can make small changes here and there that can add up to big things. For the team, receiving this note was big. It showed that their leader cared. He had heard what I said (or wrote) about Enlightened Leadership. He was heading in the direction of being an Enlightened Leader one small step at a time.

What step can you take to help your organization move forward towards an Attitude of Gratitude and of Enlightened Leadership?