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*Coaching***NEWSLETTER****July 2007****Denise Hedges**
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www.lifeworkcoaching.com**[Forward this newsletter to a friend](#)****This Issue:****"The Book"****Table of Contents:****"The Book"**

For busy professional women and small business owners wanting more success and fulfillment in their careers and more time, balance, and joy in their personal lives.

"The Book"

I called home to talk with my mother last night.

"Hi Mom, how are you?"

"Terrible."

"What's wrong?"

"I can't remember. Let me get my book..."

Her "book" is a notebook where she keeps track of her medical test results and what her doctor has told her about her various physical ailments. Without the book, she isn't able to keep all the things that are wrong with her fresh in her mind. And that would be a problem, since just about all she thinks about or talks about is her physical maladies. Without her book to remind her, she might forget what was so terrible and enjoy life a little.

It's sad and dispiriting to me. She's my mother and she's miserable, and nothing I say or do seems to make things any better. Her entire being is fixated on what's wrong with her body and her world and she resists taking the steps that would improve her situation.

Taking a deep breath and letting go of some of the hopeless feeling, it hit me that there's an important lesson to be learned here.

That book of hers is a perfect metaphor. It symbolizes the catalog of complaints most of us carry around with us... everything from our pet peeves to our deepest concerns about our health, relationships, career, finances, world affairs, etc. If we're not careful, these concerns and irritations can easily come

to dominate our daily thought patterns and pollute the wellspring of our creative energy.

For the sake of contrast, imagine this. Instead of creating the book of maladies, what if my mother had started a book where she wrote down only the things she was grateful for and the wonderful things that had happened to her in her life?

But my mother's attitude toward life wouldn't permit that. As I was growing up, when something would go wrong or there was some disappointment, she would say to me, "I've told you that life is bad and it's always going to be that way." Is it any wonder she's fulfilling her own prediction?

Here's a little test for you. Answer honestly. If I asked you to give me a description of your current situation in life, would you put the emphasis on what's wrong and the things that are causing you problems or on what's going well and the things you're looking forward to?

My advice to you is to always... unfailingly... focus on the good things. Concentrate your mind on what you're grateful for. Spend time thinking about the wonderful things you want in your life. Give as little thought as possible to what you don't want, what's wrong with your world, and what "shouldn't be."

Now some of you may protest that you need to look at life *realistically* and include the bitter with the sweet.

No you don't! There's no page in the rulebook of life that says you have to focus your attention on what's wrong. That's a self-imposed burden and a prescription for misery. You're under no obligation whatsoever to concentrate on anything that brings you down or drains your energy in any way.

Sure, we all see things we don't like and want to change, but how you approach them makes all the difference. You can take a woe-is-me attitude and obsess over your problems or you can adopt an everything-always-works-out-for-me mindset, which allows you to relax and create the opening for something better to come your way.

So, I'm not suggesting you slap a happy face on illness or misfortune and pretend they don't exist. I'm advising you to concentrate your thinking on what makes you happy... on the blessings you have in your life right now and the positive possibilities for the future. And make a daily practice of it.

It's a fundamental principle of the law of attraction. What you focus on expands. If you concentrate on what's making you miserable, you're ordering up more misery. If you focus on happy things, your experience of life can't help but get better.

This may sound funny, but when I was due to be born, I think I chose my mother to be my mother. I did it so I could learn a precious life lesson up close and personal... by way of contrast... and teach it to other people.



Have faith in the essential rightness of things and create the wonderful life you want through your thoughts.

Thanks to my mother, bless her heart, I learned that lesson the hard way. But it's fine, because now I believe, deep down, that everything's going to work out for me. And that makes all the difference.

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