



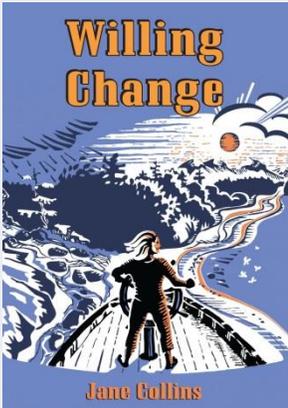
# Teaching with *Willing Change* NEWSLETTER

TRANSITIONS – IMPROVEMENTS - PRODUCTIVITY  
Goal Setting–Decision Making–Problem Solving–Change Management

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*Willing Change* has received the Curriculum Services Canada CERTIFICATE OF RECOMMENDATION



*I want to say I have enjoyed reading Willing Change and have read it many times over the last few years to keep me on track.*  
Sue

*I found the book to be quite interesting and have read it twice. I was able to put myself in each case scenario and saw some of myself in each one of these cases. I will continue to read this over and over again.*

Marjorie

## CHOOSE GOOD THOUGHTS

I have a fascination with beliefs and how they affect my life and yours.

*Your belief system is your personal set of thoughts or ideas of what is true. It acts as a personal set of eyeglasses, showing you what to expect when you go out in the world. It not only colours what you do see, it also filters out from your thoughts anything that you do not believe in.*

Early this year I was driving from Southern Ontario to Nova Scotia and it was very cold but there was no snow in the air and I was ready to go home so I headed north and the weather predictably deteriorated. The roads were slick and the wind pushed my car sideways and so I chose to go at a slow pace, along with many others. The first day of driving took three hours more than planned but I was very thankful to reach my usual Edmundston hotel and to eat my vending machine dinner before sleep.

On the second day the roads were snow covered and drove at 80 kmph instead of the permitted 110. I mentally calculated the extra time it would take to arrive home given the slower pace but then I realized, just because I had to drive slowly at the beginning of the trip didn't mean the whole day of driving would be the same.

This is where my fascination in beliefs surfaced. My assumption made me wonder why I believed the drive would be slow all day; it made no sense. Apparently I have a core mindset that tells me that what I am experiencing now will continue for some time, in this case for the entire driving time of my trip. I believe I am not alone in this often faulty core belief.

Do you know what core beliefs you hold in your subconscious?

Take the BELIEFS INVENTORY at [www.willingchangecourses.com/FreefromJVC](http://www.willingchangecourses.com/FreefromJVC)

## MONROE AFFIRMATION

This is an affirmation used by many to open their minds to new states of awareness. You may find it interesting:

*I am more than my physical body. Because I am more than physical matter, I can perceive that which is greater than the physical world. Therefore, I deeply desire to expand, to experience; to know, to understand; to control, to use such greater energies and energy systems as may be beneficial and constructive to me and to those who follow me. Also, I deeply desire the help and cooperation, the assistance, the understanding of those individuals whose wisdom, development and experience are equal or greater than my own. I ask their guidance and protection from any influence or any source that might provide me with less than my stated desires.*

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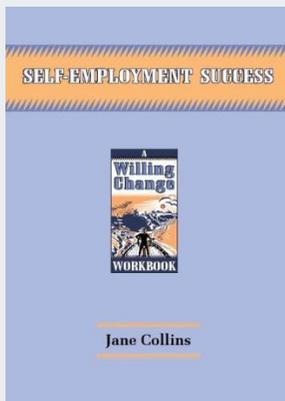
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*I wanted to thank you for designing a course like this. (Self-Employment Success) It has brought many things to my attention and rekindled my desire to be self-employed again.*

Lisa

**Self-Employment Success,  
a Willing Change**

**Workbook**, is a print workbook written to help new and small business owners develop the mindsets they need to ensure success.



*Together with our other resources and assignments, Willing Change has become an important tool in our Small Business and Entrepreneurship Certificate program.*

*Laura Cole - McKeil  
School of Business,  
Mohawk College*

**From my Willing Change Courses & my Personal Notes**

**THE GREATEST REMEDY IN THE WORLD IS CHANGE;** and change implies the passing from the old to the new. It is also the only path that leads from the lesser to the greater, from the dream to the reality, from the wish to the heart's desire fulfilled. It is change that brings us everything we want. It is the opposite of change that holds us back from that which we want. But change is not always external. Real change, or rather the cause of all change, is always internal. It is the change in the within that first produces the change in the without.

**To go from place to place is not a change unless it produces a change of mind a renewal of mind.** It is the change of mind that is the change desired. It is the renewal of mind that produces better health, more happiness, greater power, the increase of life, and the consequent increase of all that is good in life. And the constant renewal of mind -- the daily change of mind -- is possible regardless of times, circumstances or places. He who can change his mind every day and think the new about everything every day, will always be well; he will always have happiness; he will always be free; his life will always be interesting; he will constantly move forward into the larger, the richer and the better; and whatever is needed for his welfare today, of that he shall surely have abundance.

Christian D. Larson

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**Ebook** – Willing Change is available on you reader

Call Jane for VOLUME DISCOUNTS for your school.

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