



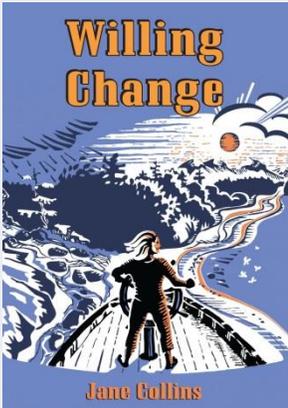
# TEACHING with Willing Change NEWSLETTER

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 very much enjoyed the book Willing Change – and have found a great deal of use in my family life with two young daughters that can really benefit from some of the advice in the book.*

Adam

*I cannot tell you how much help and encouragement I am getting from your book. It couldn't have come at a better time in my life. Regards and thanks,*

John

## CHOOSE GOOD THOUGHTS

Have you ever stopped to think about the rules that you use to not only make judgements, but to also control your behaviour and the direction of your life? Most of us can remember being taught rules by our parents and teachers, but don't realize how many we have created ourselves that float around in our subconscious mind often with little or no awareness on our part.

*As part of our subconscious core mindset, our beliefs and values have been organized into a set of unwritten rules that we use to guide how we live our lives daily.*

Rules play an important role in our well-being because they can cause feelings of guilt or resentment towards others who don't comply with our way of thinking.

*When your rules often cause you to feel upset or disappointed, evaluate their purpose and usefulness and adjust them to the changing times, circumstances, and people involved.*

It's a useful exercise to examine and challenge what you believe about how to conduct yourself and what to expect. For instance we have many rules about work, money, and deserving. Does this sound familiar? (It does to me!)

Deserving Rule: To deserve money, I should earn it with hard work.

How can you know if you really worked hard enough? If you love your work, enjoy it, and it seems easy to you, does that count as working hard? Do you use the number of hours you work to evaluate your efforts or is physical exhaustion the important factor? What are **your** rules about deserving?

## WHAT ATHLETES KNOW ABOUT THINKING GOOD THOUGHTS

*Willing Change* teaches the importance of choosing good thoughts, which is something athletes have known for a very long time. Here is an excerpt from: **The Nine Mental Skills of Successful Athletes - Jack J. Lesyk, Ph.D.**

The nine specific mental skills that contribute to success in sports are all learned and can be improved with instruction and practice.

**Read the entire article: [willingchangecourses.com/freefromJVC](http://willingchangecourses.com/freefromJVC)**

### Successful Athletes:

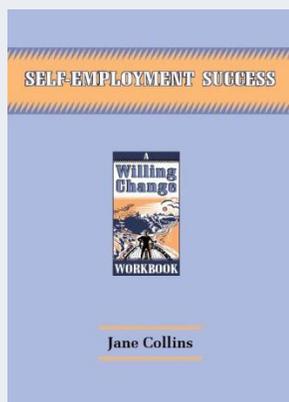
1. Choose and maintain a positive attitude.
2. Maintain a high level of self-motivation.
3. Set high, realistic goals.
4. Deal effectively with people.
5. Use positive self-talk.
6. Use positive mental imagery.
7. Manage anxiety effectively.
8. Manage their emotions effectively.
9. Maintain concentration.

## **SUBSCRIBE TO THE WC NEWSLETTER**

willingchangecourses.com

*Willing Change is a great tool and reference material. There is a lot of great information in this little book that I have to read at least once a year to stay inspired. I hope others seek the opportunity to read it as will. I will certainly bring it up in conversation.  
Kam*

**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**

*When our repetitious perceptions are filled with doubts, we tend to overlook opportunities, dismiss good news as impossible, and expect less than the best, or perhaps expect the worst.*

To continue with the athletics theme, here is an excerpt from an article in my personal notes about gaining more control over your thinking in order to succeed in sports (and life).

### **Where do Blocks come from?**

From: Beating the Fear Beast (Athletes) by Alison Arnold Ph.D.

All fears and blocks come from out of control thinking. The mind controls the body. If you are not feeling confident or are thinking negative thoughts, the body responds with fear and balking. It's strange, but sometimes you are totally unaware this is happening. Many gymnasts say they are not afraid, but continue to balk on skills. If there is balking, there is some kind of fear. It may be a fear about something that has never happened or something that might happen. It might be a response to too much pressure or not doing enough progressions leading up to the skill. Whatever it is, the key is to change your thinking! What are you thinking as you're training and performing?

## **BUY the Books**

**Print** – [www.willingchangecourses.com/buy](http://www.willingchangecourses.com/buy)

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

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