



WILLING CHANGE WORKS!

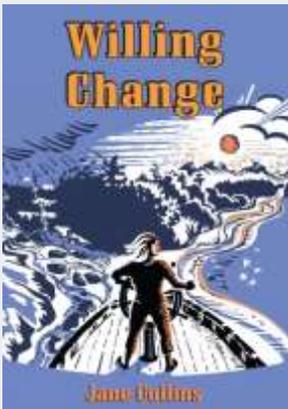
Change your Thoughts for a
New State of Mind

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RIBO-Accredited
Courses

Management &
Personal Skills



Willing Change has
received the Curriculum
Services Canada
CERTIFICATE OF
RECOMMENDATION



*Thanks for offering the
Willing Change courses. I
have completed my
second topic and find the
material very interesting.
This is a convenient way
to obtain the mandatory
education hours.*

Bonnie - RIBO Student

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WORDS MATTER

Words have always been fun for me. I enjoy words that sound funny or odd. I like looking up definitions of those words that are familiar but have a use that is unclear to me. As a child I spent a good portion of thinking time visualizing words in my mind and rearranging the letters to see how many other words I could make with the same letters, and I have become quite good at it. It is a skill that goes unrecognized and unrewarded except when enjoying the Jumble quiz in the morning paper, or playing Scrabble and Words with Friends.

But my interest in words has also grown in other ways. To my mind, each word carries an energy with it; some words uplift while others weaken. In my workshops on *Finding Inspiration* and in my courses I suggest using some words such as amazing, wonderful and grace. These words cannot be evaluated, processed or analyzed by the left brain hemisphere and allows the right brain to handle, opening the way for more inspiration.

Another use of words for self-improvement is a method that uses an abbreviated version of affirmations with *switchwords*. For example, when you want to feel higher self-esteem repeat the words UP or PRAISE. For endurance repeat CONTINUE. To increase what you have, say ADD. When you see or think of something that you don't want in your life, use the word CANCEL. The idea behind this technique, as in *Willing Change*, is that what you repeat to yourself constantly (believe) becomes your truth.

It has been said that a psychologist, Emile Coue, created an affirmation to repeat for ten minutes every day, with the intent of believing it. The affirmation gives the subconscious mind the suggestions of improvement and optimism. Try it for a week or more and see if you notice any effects. The affirmation is:

Every day in every way, I'm getting better and better.

Words matter. Choose them carefully as you think and speak.

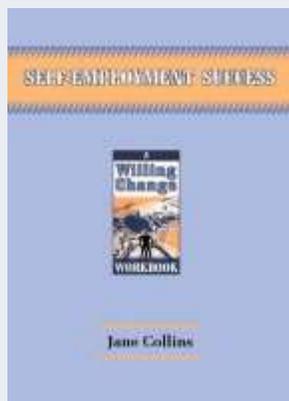
CONSTRUCTIVE SPEECH – from *Your Forces and How to Use Them*, by Christian Larson

Never think or speak of that which you do not wish to happen. The whine, the sting, and the sigh -- these three must never appear in a single thought or a single word. You can win ten times as many friends by talking happiness as you can by talking trouble. And the more real friends you have the less trouble you will have. Speak well of everything good you find and mean it. When you find what you do not like keep quiet. The less you think or speak of what you do not like the more you have of what you do like. Magnify the good; emphasize that which has worth; and talk only of those things that should live and grow. When you have something good to say, say it. When you have something ill to say, say something else.

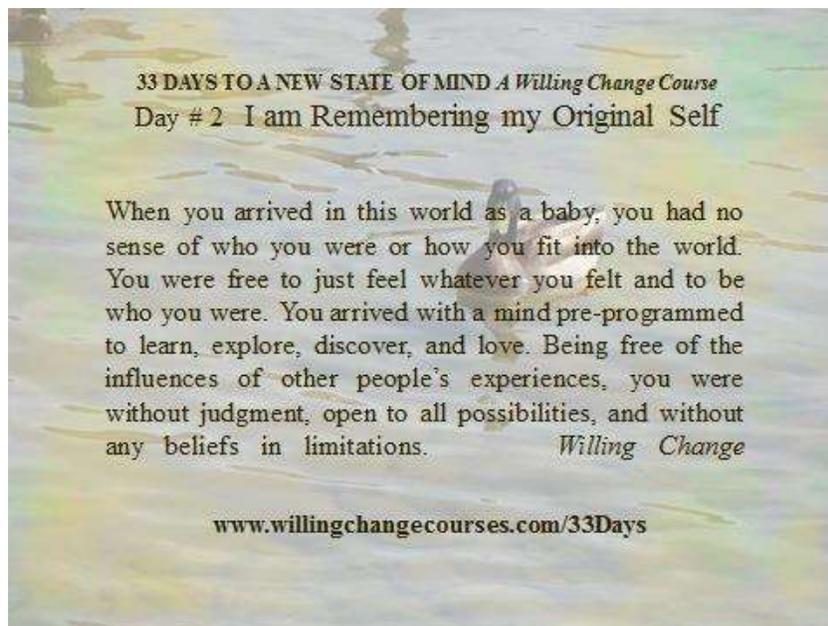
Thank you so much Jane for giving me the opportunity to review your course, *Self-Employment Success*. I thoroughly enjoyed your writing style and the exercises you gave. In particular I liked the analogies and case studies. I certainly learned a great deal and I look forward to referring individuals to your website.

Janelle

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

Every morning I read from one of many inspirational books in my library or from the notes I have kept from past readings. They give me energy. I do this before I get caught up in the news or the lists of what must be done today, which can drain my energy quickly. A morning routine that uplifts is a good way to start your day, even if you can spare only five minutes.

WORKSHOPS - Call Jane to Arrange

Finding Inspiration for Writers
Finding Inspiration for Teachers
Finding Inspiration for New Business Owners
Self-Employment Success

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