



You Have To Be Lost Before You Can Be Found

A few weeks ago, every time I walked over to the fridge, my cell phone cut out when I was chatting with my mom. (Was it God's way of saying "Don't snack during a phone call Chere?") Two days later my cell phone quit ringing and I still had one year left on my contract. At the same time, my Canon Power Shot Camera decided to take videos despite being on picture mode. (Not terrific when you want a quick pic of Corbin Seitz the glamorous TV hostess of Showcase Minnesota; and you have to take the picture three times.) Last night I hopped in my mini-van and the battery was dead. Guess we left the light on when we unpacked the car after Labor Day weekend. We got the car running after another "Gary tutorial" on how to jump a car. I noticed the radio was dead and the word "CODE" was popping up on the radio. We needed a 5 digit code that came with the original paperwork with the car. Only problem . . . I purchased it used from my sister-in-law so I didn't have the original paperwork and was clueless where the van was purchased from.

Two weeks ago my only best son went to the University of Iowa and the house is what I call "quiet on steroids." The radio CODE problem was the "last straw" – which reduced me to tears. Gary said, "It is only a radio Chere!" But it was NOT ONLY the radio. It was about losing too many things at once – my son, my cell phone, my camera. . . "Gary I am losing my life!!" I guess I had been making a mental tally of all the things I was experiencing a loss with and my brain was so full of negative thoughts there was not room for ONE more. In coaching clients, I feel I have discovered that the sure fire way for pessimism is negative thinking and most negative thinking is really related to loss. Loss of anything you care about!

There are three common negative thoughts that I see in my clients and myself.

Thoughts of loss. I lost my job. I lost my health. I have diabetes or heart disease.

Thoughts of unfulfilled expectations. I worked hard, so why didn't I get a raise?

Thoughts of possible threat. If I don't do what they expect..I will really be in trouble.

Sometimes the thought of loss can prompt us to take action — like get a new cell phone or get the camera fixed.

Or the bigger picture...what the heck are we going to do in this house without kids? (This week Gary's date — like evening activities were washing the cars, and pruning the dogwood bushes!)

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Here are three ways that have empowered my clients when facing loss.

Become aware of your negative thoughts

The first step is becoming aware. Place a paperclip or penny in a container every time you have a negative thought. I recommend doing one weekday and one weekend day. Compare – more negativity during the week or on the weekend? Decide which negative thought to dump. And, ask yourself, “What do I need to discover that is GOOD about this today?”

Record your negativity.

Write down all your negative thoughts on a piece of paper and at the end of the day have a little hope ceremony for a better day tomorrow and either burn them up (my preference) or shred them in your paper shredder.

Flip the Switch

Focus on your thoughts. When they are negative the room is dark. When you want to be more positive, flip the switch or turn on the light to hope and optimism. Buy yourself a light switch plate to remind you to flip the switch. (This works.)

Life always brings you the best...you just have to be aware of it. Your “lost” is waiting to be found. Find it today! I am here to add value to your life...just let me know how!

Love and gratitude, Cherecoach