

Life Coaching with Susan Piontek

...Transforming Individuals in Transition...



November 24, 2008

This newsletter is the second in the series entitled "Lyrical Coaching". The articles are based on the lyrics of songs that have resonated with me over the years, not only because of their musical artistry but because of the messages they convey.

The lyrics to the song, "Something's Coming" from the Broadway musical, **West Side Story** is the inspiration for this week's newsletter. With the headlines roaring with anticipation of what the changing of the guard will bring in the coming New Year, many of us are filled with feelings of great hope and also feelings of great dread. The lyrics to the song are:

Could Be
Who Knows?
It's only just out of reach
Down the block
On a beach, under a tree.....
It may come canon ballin down from the sky
Bright as a Rose
Who knows?
Something's coming
I don't know what it is
But it is, gonna be great

We can make the choice to see and feel that "something good is coming", but often we'll put the kibosh on our optimism because of a habitual behavior of doubt and mistrust. My intention is not to sound like a Pollyanna. I do recognize that these are indeed challenging times and that people's concerns are valid. However, it may serve us better if we look at the situation with a rosier lens. So often we return to our set point of pessimism because it's familiar, even comfortable in a way. In order to change our response, it means breaking a habit. To paraphrase Dr. Phil, we might ask ourselves as we wrestle with making this change, "How's that old response been working for me?"

We never know with absolute certainty that things will turn out exactly as we hope, but if we believe and feel that something good is possible and we invest our energy in believing rather than doubting, chances are that the outcome will be more positive.

It is often helpful to focus on what we have rather than focusing on the absence of what we desire. To have what some call an "attitude of gratitude" can put us in the right frame of mind to receive more abundance. The positive energy that attitude exudes is steeped in possibilities. So during this time of **THANKSGIVING**, let us look around the table at friends, at family, at new arrivals to our Holiday table and give thanks to what we do have right in front of us.

Happy Thanksgiving,

Susan

