

Finding your ChocolateOr - How to get through the next 48 hours :)



One of our great Coaching Clients was talking to me a few weeks ago about the 6 Energies and how to shift energy when something goes... well, not as expected. She had a trip delay a full day and it was throwing her off for the next week and she wanted to make USE of the Energies to get to a more positive place. Or more clearly... shifting the energy of Upset; Frustrated; Unhappy; Beating Yourself Up, Stressed, Confused, Anxious, Worried, and so on... Into something more positive and productive. Perhaps even some of choices we have in our Coaching Arena of who we are willing to be.



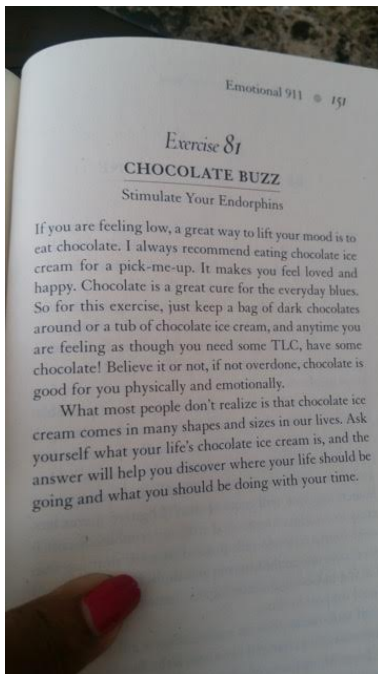
First off, kudos to her for bringing this up! Brilliant. Being in observation is always the 1st Step toward taking Authentic action. Being willing to LOOK and SEE!

So, today on this beautiful Monday Mindset Day... when some folks are feeling some "election anxiety", I thought this might be a good topic for us to discuss.

This client said her wonderful husband had given her an article about chocolate... and we had a good discussion on that.



She thought the title was “Finding your Chocolate” but it was actually “Chocolate Buzz” and from a book called 101 Exercises for the Soul by [Dr. Bernie Siegel](#) (see picture below) - And was about stimulating endorphins.



We began talking about what “finding your chocolate” could be in terms of an action one could take with the goal of shifting energy from negative to positive.

What are those soothing things we can DO that help us to be in observation and shift. If she's with us today, she might want to share a shift she made from a “chocolate” that perhaps was not as helpful, into one that was. Very successfully.

First off, I'd like to make sure you all understand what we are talking about in this Monday Mindset... What is Finding your Chocolate about?

Yes... It's about recognizing when you're in distress and upset. And being willing to be in observation about that. Yes. When we see it, we don't have to be it. (Fish/Water story)

And this is about - What Next. What to DO when SEE it. In order to not BE it anymore.

Our initial thought was “chocolate” of course. A bit of chocolate can definitely shift your focus... IF you love chocolate.

My husband said I could share when he has an upset stomach, chocolate milk soothes him. I'm the opposite! The last thing I want with an upset tummy is chocolate milk! A friend of mine passed away a year ago and she was FAMOUS for writing to people via text “Hope you are having a Sunshiny Day!” This woman had a tough life. And spent her last year dying of cancer, a painful type. Yet...anytime she was feeling low or down her “chocolate” was to send 10 or 20 or 50 people the Sunshiny message. Imagine the replies she got... That was a brilliant idea. Not all of us could do that but she could.

So as you can see... YOUR “chocolate” may be something the opposite of someone else's. Or something others wouldn't or couldn't do. — They can be things that are quick or things that take some time.

Let's categorize a few of these first... and then I want to read through them again with you giving me what you love in each category:

Physical Activity: Mountain Biking; Writing a gratitude list; Take a walk; Going for a drive to see leaves turning;

Relationship: calling friend/family; Check on FB groups; Pets;

Creativity: Throwing Pottery; Crocheting;

Mental: Meditating;

Breathing: Count down from 10 or 100;

Touch: Clean Sheets; Sunshine on your skin; Crocheting;

Seeing: Sunshine; Yarns; Movie; Going for a drive to see leaves turning;

Sounds: Music; Christmas music; Babies Laugh; listen to an audio-book;

Tastes: Apple Pie; Dark Chocolate Covered Pretzels; Petting an Animal;

Smells: Apple Pie baking - cinnamon; Clean baby smell;

I can vision my favorite imaginary mediation spot on a sunny rock by flowing water. Or sitting under a big old Oak Tree.

I can do breathing in on a count of 4, hold for count of 5, blow out to a count of 7... doing that 3X calms me a lot. I love doing a little work in my gardens. Flowers, tomatoes, herbs. Sometimes I just need to walk and listen to an audio book. Book readers aloud are very soothing to me and I use those a lot. I can call a friend or family to just talk with. I love candles (mostly I use the fake ones) and LOVE the little strings of LED lights you can get so inexpensively that run on batteries. I also love a fire in the backyard or fireplace. I love warm baths to soak in 'til the water cools. Sometimes I like to doodle or draw or journal. Sometimes I just need a comfy pair of pjs or warm socks. A cup of tea is often my “chocolate” sometimes WITH chocolate but usually without. I can go to Ted.com or YouTube and find inspirational things. Ralph Marston, Seth Godin... those guys bring to me logical reality daily. I like the Beatles and Phillip Phillips and Bonnie Raitt among other musicians and music.

I'd encourage you to write out a LIST of what YOUR chocolate is. What soothes you. I think, like me, you'll find that doing the exercise itself is soothing. And certainly brings you to a shift to positive just writing it down.

Want an even bigger boost over the next 48 hours? Do one of the things in your list EVERY waking hour. You'll sail through the next 2 days with a SMILE on your face and a relaxed and welcoming attitude to whatever unfolds.

Here's to our Chocolate! Have a GREAT day!