

# TogetheriCan

**1**  
January

## LIFE STYLE CHANGES

### Points to Ponder

If you want to keep getting what you're getting,  
Keep doing what you're doing. (results)

If you want something different  
– Something is going to have to change! (actions)

(You, your environment, your associations or your attitude)  
(Acceptance (changing from a place of resistance to one of surrender) of your situation is one of the options available)

In order for change to take place in our lives  
– We generally have to change our belief system (definitions).

(If you continue to think what you've always thought,  
then you'll continue to get what you've always got.)

### Who or What is in charge of your life?

(You, your doctor, your spouse, your job or you?)

(At this moment, what is causing your heart to beat, your lungs to expand and contract, your eyes to blink?)

### Who or What created your problem other than YOU?

(Is it within your power to change the outcome.)?  
How many of you believe that there is nothing you can do about your condition.

*Michael McCright*

Free Health Coaching – provided by the "Together i Can Group"  
Togetherican.com  
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