

Make Your Mark Graphic Facilitation & Coaching



HELPING YOU SHIFT YOUR WORK & LIFE FOR THE BETTER



Christina Merkley
Publisher



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A Note From Christina

Dear Christina,

Happy New Year! I have to confess, I am not a big fan of Christmas and the holidays. I know, bah hum bug and all that. I'm holding stubbornly onto my 'Inner Scrooge'.

However, I do LOVE a fresh New Year. Wrapping up end of year bookkeeping, moving files, re-arranging the office (my desk is in its fourth location as I move into my fourth year here) and getting rid of clutter. I like shaking things up and creating space inside and out for new energy, projects, ideas, and people. Whisking away what is leaving and making room for what is arriving.

And, with a new year comes an opportunity for new goals and desires. I am the 'visioning queen' after all. What do I want for this New Year? What are the key things to accomplish that fit in with my overall vision? What

THE IDEAL TIME TO UPDATE & REALIGN

Whether you've been working on goal / personal visioning work for a while, or are new to it, we can all benefit from doing a mini visioning process every once in a while: checking in on how our life and its trajectory are going and what mid-course corrections we might want to make.

Ideal times to do a check-in on how your life is going are in January when a brand new year is upon us, when we have some vacation time to step out of our usual existence, or the anniversary date of a particular event or coaching alliance (for example, I'll do a check-in with clients a year after their initial SHIFT-IT retreat with me to review, update and realign).

How to do a mini visioning session: Set aside an hour to two where you can be alone and relaxed. Have paper and pen handy (or print off some of my Mini SHIFT-IT Retreat templates --- see offer below). Relax. Put your feet up. Some music on. Kick back.

1. Gratefully Acknowledge What You Have

Received: The key to getting is 'having'. Before you embark on new visioning work, think back on what you already have received. Look back on your previous year. What have you received? What has come your way? What did you get? What was once a dream or desire that has now materialized? Write down your answers. See what you have received.

do I feel like now?

January is an exciting and anticipatory time. What forms will show up after I align myself? What specific people, things, events, projects, will synchronicity bring my way? What happy coincidences are being lined up? Cause that is what happens when one aligns their mind and energy to what one wants. I have a whole file full of past vision work to prove it.

I have a mini visioning process that I go through myself and with clients at this special time of year. This month's article guides you through how to do it. Enjoy!

Christina Merkley, The
SHIFT-IT Coach

Coaching Services



Tired of your status quo? Want to take things up to your next level? Ready to make 2006 a breakout year? If so, get help. Coaching works!

Clarify your Vision. Identify and breakthrough negative patterns and self sabotaging beliefs. Create a customized Action Plan. And get moving again!

Weekly or every second week tele-coaching calls and deluxe in-person SHIFT-IT retreats in beautiful Victoria, British Columbia.

Gratefully acknowledge that you do receive. When you do this you tap into the energy and vibration of 'having'. That vibe goes out into the world and transmits a special kind of message. Attracting more 'having' back to you.

2. Accept Your Present State: A lot of people who do visioning work get themselves bent out of shape – I've been guilty of this many times. They get so focused on the future that their present frustrates them and makes them mad. The more you can accept your present state the better. By accepting I don't mean that you give up or stop desiring improvements. Just that you soften your energy around your now. Go into where you are. Accept it. At least as a necessary step on your path and development. Manifestation and change can take time, depending on what you are starting with and what you desire. Make the process easier by being ok with your present while you take steps to ensure a more satisfying future.

List out where you are now. How do you feel about your now? What is most up or down for you? What crossroads are you standing on now? What issues are most up for you? What areas of life are doing well? Not doing well?

3. Ask For What You Now Want: Our wants and desires are alive and fluid and always changing. Take a moment to reflect on what you now desire. Given what you have already accomplished and where you currently are, what do you want for yourself now? What do you want the year ahead to hold for you? What do you want to manifest? What changes do you want to occur? Write out your answers. See what evolutionary nudges you are getting. List the whispers you are receiving about what is next for you. Get the stuff down on paper that scares you because of its boldness. It's difference. It's chutzpah. Don't censor. Give it its first breathe of life by putting it in writing.

4. Flip Your Nasty Thoughts: Nasty companions usually quickly follow visionary thoughts - --- as soon as our rockets of desire are launched, bazookas are pulled out to shoot them down. Write down your instantaneous reactions to your list of

"A gifted and intuitive listener and facilitator, able to draw out what is useful from the past, present and hopeful future. Eclectically and timely trained in personal and organizational development, she can take you safely as deeply as you want to go." **Bill Faust, Faust Consulting, Sausalito, CA (formerly Director, Motorola University Executive Education and Leadership Development, Chicago IL)**

"Christina graphically captured my life's emotions, experiences, and desires that helped me pictorially see my past, present and desired future. As a developing graphic facilitator, my SHIFT-IT Retreat not only helped with my thinking about my own practice and life but gave me the opportunity to witness Christina's work and techniques up close --- I loved it so much that I have built a gorgeous retreat room in the Santa Cruz mountains, so I can do Graphic Coaching work with others". **Patricia Jocius, Emergency Preparedness Consultant / Graphic**

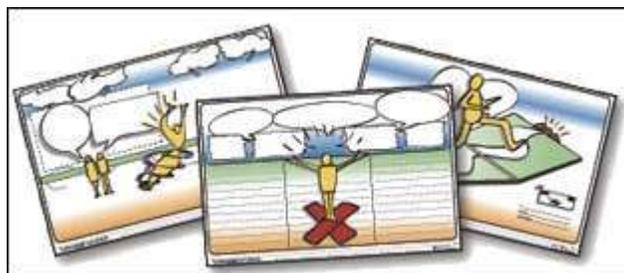
wants. What negative thoughts come up when you write out what you want? What nasty thoughts do you hear? What doubts, fears or uncertainties come up? Write these down and then find a better feeling counter to them – flip them to a more positive energy. Change your internal programming. Bring your nasty thoughts into awareness so you can change and replace them with thoughts that will serve you not sabotage you.

5. Identify and Execute Your Next Steps: Change and development work are ongoing. We never really get there. And that is ok, natural and fine. The universe is constantly evolving. There will always be next steps to take, should you choose to take them. Given your desires and emerging vision, what are your natural next steps? Given where you are and where you want to go, what can you do to close the gap? What will make movement towards your goals that you can begin today? Write down your next steps and put accountability dates to them. Lock them into your calendar and schedule. Find a support buddy or coach for company and guidance along the way. You've been given your own unique desires and dreams. Its up to you to manifest them.

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WANT TO USE THIS ARTICLE IN YOUR E-ZINE OR WEB SITE? You can, as long as you include this blurb with it: Christina Merkley, "The SHIFT-IT Coach" is creator of the SHIFT-IT Graphic Coaching Process. To learn more about SHIFT-IT, Graphic Coaching and Personal Visioning and Planning,

F*R*E*E SHIFT-IT Mini-Retreat Maps:



Would you like some visual help in doing your Mini Visioning Process? If so, just email me and I'll send you my draft Mini-Retreat templates to assist you in

Facilitator,
Sunnyvale, CA

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doing the above process.

SHIFT-IT Group (Victoria B.C.)

New in-person SHIFT-IT group in my Victoria B.C. studio starts tomorrow morning (Sat. morning Jan. 7th) --- if you have been sitting on the fence, its not too late to get in on this rare local opportunity.

There may still be one spot left. Call 383-1894 ASAP to claim it for yourself.

This group will meet for seven sessions in my Victoria, B.C. studio on Saturday mornings, from 10:30am – noon. January 7 – February 18. Fee is \$149, plus GST. Fee includes use of all 17 SHIFT-IT templates and worksheets, call in office hours, plus one hour of individualized coaching.

Meeting Graphics 101 Workshop

Have you seen me (or a colleague) in action in corporate or group work? Interested in the basic skills behind Graphic Recording, Graphic Facilitation and Graphic Coaching? This introductory workshop is for coaches, facilitators, managers, trainers, and other group leaders --- live demos, hands-on- practice, tools of the trade, graphic resources and many insider tips and techniques. A fun and practical day. Info on: [Graphic Recording](#), [Graphic Facilitation](#) and [Graphic Coaching](#).

When: Saturday, February 25, 2006, 9:30- 5pm

Where: Camosun College, Victoria, B.C.

Fee: \$195, plus GST. Fee includes detailed handouts, use of all recording materials, plus one hour of individualized, post-class coaching (get shadow coaching on an upcoming project, design tips, or just more help with your basic skills). Class limited to 12 participants.

This workshop has SOLD OUT. Waiting list being taken. Stay tuned to e-zine for announcements of future workshop dates.

Add Me to Mailing List About Future Workshops:

About Christina, The SHIFT-IT Coach:

Christina Merkley, M.A. is a Graphic Facilitator and Coach specializing in strategic planning and visioning. She uses interactive, visual thinking processes to literally draw your answers out of you. Creator of the SHIFT-IT Graphic Coaching Process, she helps individuals and organizations get what they really want.

PAST E-ZINE ISSUES:

New subscriber? Missed past issues? Previous issues of The SHIFT-IT e-Zine are posted on the website.

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