

***When Life Gives You Lemons,  
Put 'em In Your Bra!***  
*Lift and Separate the Challenges of Change*

**Presented by  
Kim Wolinski, MSW  
“Dr. DeClutter”**



Hosted by  
**Meggin McIntosh, Ph.D.**  
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## *Stuff happens, right?!*



Whatever “stuff” it is, it’s likely going to change something about our status quo. Change is going to nudge, shove or catapult you out of your comfort zone. *We hate that!* Everyone faces change, big and small, throughout the entirety of life. Human beings, however tend to prefer things to remain the same and, therefore change often causes frustration and stress. Fortunately, there are ways

of dealing with change to make it easier to create and to deal with when it’s not our choice – and moreover ladies, ways to *put these “lemons” in our bra!* To laugh when we can and to get out of the heaviness faster that the process of change can sometimes bring.

**Kim Wolinski** has sometimes said she relates to being a nomad, living with constant change – changing jobs, job titles, addresses and emails plenty of times over her lifetime – yet she’s the first to say that she’s a “home body” and likes things to stay simple and changeless as well. Learning how to create the change you desire, deal with change as it shows up, and being flexible around others and their change is a balancing act for each and every one of us for sure.

**Kim** is the author of the workbook, *Letting Go With All Your Might, A guide to life transitions, change, choices and effective redecisions*, and ebooks *Burn Your House Down! And 99 other ways to create an organized life* and *Holiday Stress BE GONE! The Complete Self-Help Guide on How to Change Your Holiday Experiences for GOOD!* She has a Masters degree in Social Work, is an international speaker, Past President of the National Speakers Association Colorado Chapter and Focused Life Coach.

Books available at website bookstore, [www.drdeclutter.com/bookstore](http://www.drdeclutter.com/bookstore)

# CHANGE, AND CHANGING OUR PERCEPTIONS FOR GOOD

*“Never let life’s hardships disturb you...  
no one can avoid problems, not even saints or sages.”*  
~ Nichiren Daishonen

**Our lives are made up of the following 8 Life Goal Areas – where Lemons *will* fall.**





## GOT LEMONS?

Does your cup runneth over?! How are you dealing with the Lemons that have been dumped into your life lately?

## CHANGE

Life cannot exist without it.

*Change has a bad reputation in our society. But it isn't all bad — not by any means. In fact, change is necessary in life — to keep us moving ... to keep us growing ... to keep us interested. ... Imagine life without change. It would be static ... boring ... dull.*  
~ Dr. Dennis O'Grady

### WHAT IS CHANGE?

Anything that alters our “normal” way of life, the “status quo” or nudges, pushes or slams us out of our “comfort zone.” Change makes things different in some particular way; makes things *radically* different; transforms; replaces; makes a shift from one to another; exchanges; modifies our life, beliefs, feelings, plans, choices and direction.

### There are two kinds of change:

1. The kind that happens \_\_\_\_\_ .
2. The kind that happens \_\_\_\_\_ .

### An important principle to remember to make change work for you instead of against you is:

“There are \_\_\_\_\_ .”

### How do you deal with change?

- Do I react?
- Do I blame and tell stories?
- Do I paralyze?
- Do I act, let go and move on?

*“We have so little direction in life because it is so easy to drift, and most people want the easy way. They make no effort to change the direction of their days. They cling to their familiar reactions to life, resisting and resenting anyone who tries to show them their own deliverance. Direction comes by deliberately paddling upstream, by going against society's lazy flow.”*  
~ Vernon Howard, *Treasury of Positive Answers*

## THERE ARE 3 KINDS OF CLUTTER

1. \_\_\_\_\_ Clutter
2. \_\_\_\_\_ Clutter
3. \_\_\_\_\_ Clutter

*"The real winners in life are the people who look at every situation with an expectation that they can make it work or make it better."  
~ Barbara Pletcher*

### TAKE CHARGE OF CHANGE: Self-Inquiry #1

1. What is one thing I can do today to positively change something in my \_\_\_\_\_ CLUTTER? *Do it!*
2. What is one thing I can do today to positively change something in my \_\_\_\_\_ CLUTTER? *Do it!*
3. What is one thing I can do today to positively change something in my \_\_\_\_\_ CLUTTER? *Do it!*

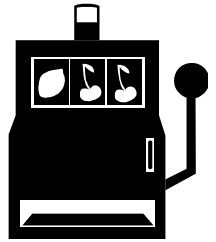
*"No life ever grows great until it is focused, dedicated, disciplined."  
~ Harry Emerson Fosdick*

### TAKE CHARGE OF CHANGE: Self-Inquiry #2

### TAKE CHARGE OF CHANGE: Self-Inquiry #3

## THE “WHAT IFs” OF SELF-INTENDED CHANGE

1. *What if* I feel scared? What do I do when making my own change happen feels uncomfortable?
2. *What if* it’s not really what I want when it’s done and it’s too late?
3. *What if* the changes I instigate backfires, fails, or others don’t like me?



**KEY #1 TO RELEASING RESISTANCE** so that you can “shift” perception in a second!

✓ \_\_\_\_\_!

*“It takes a lot of courage to release the familiar and seemingly secure, to embrace the new.  
But there is no real security in what is no longer meaningful.  
There is more security in the adventurous and exciting,  
for in movement there is life, and in change there is power.”*  
~ Alan Cohen

## 6 REASONS PEOPLE RESIST CHANGE (Lemons!)

*“People don't resist change. They resist being changed!”*  
~ Peter Senge, Leadership Trainer

### REASON #1:

#### The 5 F Words of Change

1. F \_\_\_\_\_
2. F \_\_\_\_\_
3. F \_\_\_\_\_
4. F \_\_\_\_\_
5. F \_\_\_\_\_

**REASON #2:**

How high is your thermostat cap?

**REASON #3:**

**REASON #4:**

*“In reading the lives of great men, I found that the first victory they won was over themselves... self-discipline with all of them came first.”*  
~ Harry S. Truman

**REASON #5:**

*This too shall pass.*

**REASON #6:**

**TAKE CHARGE OF CHANGE: Self-Inquiry #4**

Complete this sentence starter regarding some change/Lemon with which you are dealing:

*I can't...*

*Empowerment is a key element of change acceptance and change management.*



## 9 KEYS TO REDECIDE, RECLAIM AND RENEW WITH EVERY EXPERIENCE – *NO MATTER WHAT IT IS*

**Ladies... change your perceptions—*Lift and Separate*—  
harness and guide these Lemons, and *Put ‘Em In Your Bra!***

**Use your experience of challenging change to make you look better, not worse!**

**Redecide:** Change your perception of how a Lemon affects you. Remember, “there are no victims.” Harness and guide it and your emotions about it to the best place possible.

**Reclaim** your power in life to stay at center with yourself, in balance and calm, “no matter what.”

**Renew** by taking care of yourself first and staying true to the new you of today.

1.

2.

3.

**r Perception**

*my external  
s provides me with an  
o grow as a human  
eater the change is the  
ster I can grow.” If we  
change along these  
find it exciting and  
ther than depressing  
ng.”*

*rust is the first secret  
to success.”  
ph Waldo Emerson*

**Mindfulness:** Detach from “ \_\_\_\_\_ ”,

become the \_\_\_\_\_, the \_\_\_\_\_.

**From your center, your core of mindfulness you can ask these five proactive questions:**

1. Why am I \_\_\_\_\_?
2. What can I \_\_\_\_\_ this Lemon?
3. What can I \_\_\_\_\_?
4. If I can do something, I will \_\_\_\_\_ and \_\_\_\_\_!
5. If I can't—really can't—then I will \_\_\_\_\_.

*"Mindfulness means moment-to-moment, non-judgmental awareness. It is cultivated by refining our capacity to pay attention, intentionally, in the present moment, and then sustaining that attention over time as best we can. In the process, we become more in touch with our life as it is unfolding."*

~ Myla & Jon Kabat-Zinn

*"Is this change good or bad?"*

The answer is, **KEY #2 TO RELEASE RESISTANCE**

“ \_\_\_\_\_, \_\_\_\_\_!”

**4.**

**5.**

**6.**

7.

*“At first Truth appears harsh and threatening.  
Stick with its ideas and you will see it appears harsh only to the wrong parts  
in us that have chained us to our self-defeating habits.”*  
~ Vernon Howard, *Your Power of Natural Knowing*

8.

9.



*“The minute you settle for less than you deserve,  
you get even less than you settled for.”*  
~ Maureen Dowd, New York Times Columnist

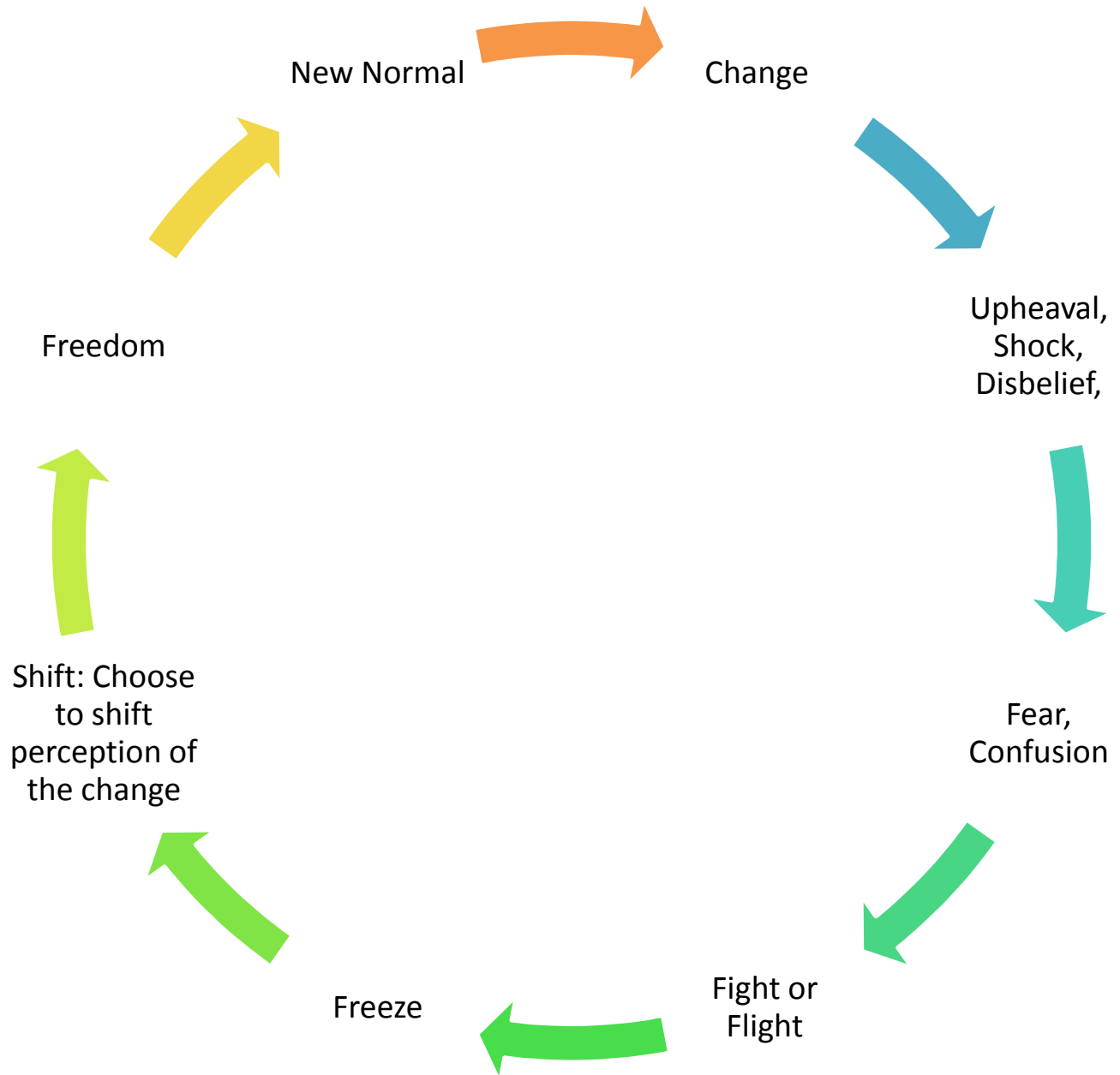
**So, is change good or is change bad?**  
**Remember KEY #2 TO RELEASE RESISTANCE...**

“ \_\_\_\_\_ , \_\_\_\_\_ !”



## A LEMON TREE'S VIEW OF THE PROCESS OF CHANGE

Here is a diagram to help you get a good visual perspective of what we've discussed in this program—how change can affect us, and the steps to take to move through it faster.



To get a more in-depth *11-Stage ReDecisions Model Diagram* and chapters that help you work through each, I recommend my workbook *Letting Go With All Your Might*, with over 40 exercises to help you move through any change with more clarity. Available in my online bookstore: <http://www.drdeclutter.com/bookstore>

## WORKSHEET: CHALLENGE YOURSELF TO CHANGE

List changes/Lemons that you want to make, “risks” that you want to take, blocks and fears that hold you back and “Purposeful Action Steps” to move “through” the veil of fear.

1) My risk: “I want \_\_\_\_\_

My block/fear: \_\_\_\_\_

Action to move beyond block: \_\_\_\_\_

2) My risk: “I want \_\_\_\_\_

My block/fear: \_\_\_\_\_

Action to move beyond block: \_\_\_\_\_

3) My risk: “I want \_\_\_\_\_

My block/fear: \_\_\_\_\_

Action to move beyond block: \_\_\_\_\_

4) My risk: “I want \_\_\_\_\_

My block/fear: \_\_\_\_\_

Action to move beyond block: \_\_\_\_\_

5) My risk: “I want \_\_\_\_\_

My block/fear: \_\_\_\_\_

Action to move beyond block: \_\_\_\_\_

6) My risk: “I want \_\_\_\_\_

My block/fear: \_\_\_\_\_

Action to move beyond block: \_\_\_\_\_

7) My risk: “I want \_\_\_\_\_

My block/fear: \_\_\_\_\_

Action to move beyond block: \_\_\_\_\_

## Thank you!

Thank you so much for investing your precious time to attend this teleclass. I hope you found the keys you need to let go of limiting Lemons in your life—that you “put ‘em in your bra”—and are better equipped to move onto the freedom and joy you deserve!



## Change never stops!

To get more ideas and ongoing support to deal with change, or to make the changes you desire, **I have some ways to continue to help you, including a [LEMONS BUNDLE SPECIAL on page 15!](#)**

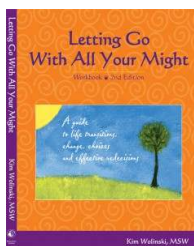
### 1. Mailing List

You can join my **Mailing List** which includes a monthly online newsletter, weekly blog posts and a second newsletter for Colorado residents for local updates and events.

**Go here to sign up today.** <http://www.drdeclutter.com/bookstore/free-newsletter>

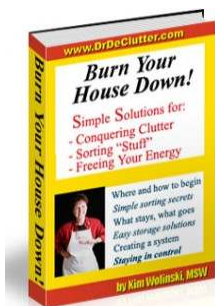
### 2. Bookstore

You'll find several helpful resources in my online bookstore including:



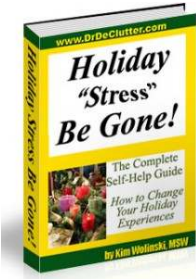
Workbook, ***Letting Go With All Your Might, A guide to life transitions, changes, choices and effective redecisions.*** Used around the world by counselors for their clients.

<http://www.drdeclutter.com/bookstore/letting-go-book>



New ebook: ***Burn Your House Down! And 99 other ways to create an organized life***

<http://www.drdeclutter.com/bookstore/ebook-burnyourhousedown>



Ebook: *Holiday Stress Be Gone! The Complete Self-Help Guide on How to Change Your Holiday Experiences for GOOD!*

<http://www.drdeclutter.com/bookstore/ebook-holiday-stress-be-gone>

### 3. Focused Life Coaching Tele-Sessions.

To help you one-on-one with your Lemons, I offer tele-coaching sessions to help you to focus on your issues, let go of what is in your way and realign for the life and path you truly want. <http://www.drdeclutter.com/organizer/life-coach>

### 4. Professional Speaker

<http://www.drdeclutter.com/meeting-planner>

### 5. “Dr. DeClutter” Makes House Calls!

I do travel worldwide to not only speak, but to declutter and organize homes and offices! Call or email me to discuss your job!

**Local Jobs (Colorado):** <http://www.drdeclutter.com/organizer/organizing-fees>

**And Travel Packages:** <http://www.drdeclutter.com/organizer/travel-packages>



## Teleclass LEMONS BUNDLE SPECIAL!

<http://www.drdeclutter.com/bookstore/lemons-bundle>

Save over 30% on 4 products and services that will help you to

- “Lift and Separate” your daily Lemons,
- make the changes you want and get organized with all 3 Kinds of Clutter—Inner, Outer and Other,
- squeeze your Lemons for all you can get out of them when you can't change them,
- and whatever permission you need to take care of yourself first!

You'll receive these products and services, a Total Value of \$157.00

for a **BUNDLE SPECIAL PRICE of only \$99.00!**

1. Ebook, *Burn Your House Down! And 99 other creative ways to get and stay organized* \$12.00
2. Ebook: *Holiday Stress Be Gone! Your self-help guide to making the holidays and everyday less stressful* \$12.00
3. Poster: *The 12 Commandments of Stress Management* \$8.00
4. **A 50-minute Telephone Coaching Session** with me: \$125.00

What "inner, outer or other" clutter do you need answers and solutions to? This Coaching Session will help you take action and move out of any stuck place.

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