



BE THE SEQUOIA  
COACHING

## Mindsets In March

When we give someone our time, do we truly give them our energy? Or vice versa?  
What do we lose in the process, and what do we stand to gain if we examine this more closely?

Are there lessons hidden within our failures?  
What happens when we celebrate the small wins?

Identify areas in your life where a tiny pivot in your mindset could lead to a huge shift. Where are we spending our time and energy, and how can we accomplish much more with small, incremental changes?

Finally, how is your mindset guiding you closer to your Authentic Self?

This month we will explore 4 different aspects of **Mindsets** and try and answer the questions I have posed above.

Energy Vs Time : What are you balancing ?  
The Gratitude Shift !  
The Torque Effect  
The Authenticity Affirmation Prompt

*Pritha Lal*



I am exactly  
where I need to be



## BUT FIRST A STORY !

A beautiful 23 year old woman sits in a wheelchair smiling to herself watching her mother teach a Zumba class. Her face is calm, her eyes reflect warmth and peace, and her soft smile is genuine and so very welcoming.

I know of her journey with ALS – Amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease. It is a progressive neurodegenerative disease that affects motor neurons, the nerve cells that control voluntary muscle movements.

It is a very heavy cross that as suddenly come upon her without much warning. It is a relatively recent battle, and this lovely young lady and her family know that the war isn't a short one either.



As I continue moving to the Zumba beats, I can't help asking myself, "I wonder what Madie feels when she sees us dance. How does she remain so full of grace in her quiet composure, knowing the current situation in her life?"

I seek permission from her mother to ask her these questions. Madie smiles, and answers after a while, forming her thoughts and her words in her mind. And what she says, in speech that may otherwise seem slurred, is rock solid and so very on point.

She says, "Pritha, acceptance is hard, but it is easier to accept when you do it in small chunks. The hardest thing to accept was the fact that a person as independent as me has had to rely on others. That was really hard. Once I could accept that, it has been easier."



I have been mulling over the idea of **Mindsets In March** for **The Authenticity GPS**, and I realize the Universe is speaking to all of us through Madie, and her incredible realization that she shares with such eloquence and simplicity.

On a different but related note, I was very privileged to host my Life Coaching Information Sessions with some remarkable women, who are originally from the Indian sub-continent and moved to the United States over the years, either as a student or as a spouse.

Their authentic stories of living an immigrant life, and their ongoing journey will be in my **Blog** this month.

In conclusion, after all is said and done, Ladies and Gentlemen, when it comes to **mindsets**, Henry Ford said it best !

*"Whether you think you can, or you think you can't—you're right."*

**Question is, what do you want to be right on, and why?**

COMING UP  
IN NEXT  
MONTH

AN  
AUTHENTIC  
APRIL

MINDSETS IN MARCH  
LISTEN TO SWELL  
CASTS HERE