

Do Something!

July 18th 2007 Issue 56

If You Don't Enter, You Can Never Win

This newsletter comes to you from Kate Harper of Harper Coaching

e-mail kate@harpercoaching.com www.harpercoaching.com

Welcome to this issue of **Do Something!** – the bi-weekly newsletter that is intended to inspire you to change the way you think and to stimulate you into action. If you like what you read, please pass it on to your friends and colleagues.

Welcome to my new readers. I am delighted to have subscribers from the **UK, USA, Canada, Japan, Switzerland, Ireland, Albania, Italy, India, South Africa, Pakistan, Australia and New Zealand.**

Please make sure you put kate@harpercoaching.com on your allowed list, so that you can continue to receive this newsletter.

I aim only to send this newsletter to those people who want to read it, so if you have received this newsletter in error, or no longer wish to subscribe, please either follow the link below or send me a blank e-mail to kate@harpercoaching.com with 'unsubscribe' as the subject.

My mother always says, "If you don't enter, you can't win." What do you think? I know what I think. It's not all about winning. It's about entering. It's also not about lottery tickets and chance. It is about taking action.

So many of us (me included), spend so many hours talking about all the things we want to happen, the things we want to change. However, how many of us actually *do* anything to make that change happen? Be the one who takes action, who enters, to make things happen. Take the first step.

So, what is the first step? No. I think we need to go back a bit to the question 'What is it that you really want?' Think hard. Do you really know? Before you enter, you need to know that the prize is one that you *really* want. It's the old story of working hard to climb to the top of the ladder – until you find the ladder is leaning against the wrong wall! Make sure that you are working your way up the right wall!

Do Something to move you towards your goals. Are you really clear about what you are aiming to achieve? If you are, you need to take action to make things happen. Don't be the person who just talks about what you want – do it!

Do Something today that you've been putting off for a while. Enter the competition. Get involved. If you keep putting it off, the opportunity will be lost.

(If Procrastination is one of your challenges and you haven't already done it, click [HERE](#) - or go to www.harpercoaching.com - to sign up for my complimentary 7-day mini e-course on this subject.)

Do Something for yourself. So what if you don't actually win? Sometimes it's more about getting involved, about making that first step, about giving it a go. No effort is ever wasted.

Do Something active every day. Buy the ticket. Enter the competition. Take the first step. Just DO SOMETHING!

Do Something because you want to, not because you have to. Make sure that what you are putting the effort in for is what you actually want to achieve. Check that the ladder you are climbing is against the right wall.

Do Something new every day. Every day gives you a new opportunity. Be aware of it – and the take it.

Do Something creative every week. How many ways are there to do something? I am sure you'll find a new way, if you want to.

Do Something for nothing. Losing is easy. Especially if you never entered in the first place. Decide to be a winner. That means that even if things don't go to plan, you will take something away with you that moves you forward. If you don't enter you can NEVER win! So make today the day you enter and be a winner!

Do enjoy this quote.

"Sooner or later, those who win are those who think they can."

Richard David Bach (b. 1936) American author, "Jonathan Livingston Seagull"

I do hope that this issue of **Do Something!** has inspired you to enter to win!

Have a good fortnight and even if it's only a *little thing*, **Do Something!**

Warm wishes,

Kate

Passionate about helping you achieve your goals

The **Do Something!** Coaching Package

Many of you will already be familiar with **Do Something!** - my newsletter that is intended to inspire you to change the way you think and to stimulate you into action. In fact, today you are reading it! Well, now you can sign up for the **Do Something!** Coaching Package. This is a three-month long Coaching Programme based around the ideas that form the basis of the **Do Something!** newsletter.

Do Sign Up for my e-Course ~ "**Discovery** ~ a 6 module journey to a better you" on www.harpercoaching.com under [e-Courses](#) on the main menu.

Here is a little bit about it:

Discovery is a comprehensive 6 module e-Course for you to work on at your own speed and in your own time, which will appear in your in-box each week. Within each module there are exercises and actions for you to take, covering such subjects as "Where are You Now?" , "Choosing Your Ideal Life", "Taking Care of Your Body", "Happiness", "Motivation", "De-Cluttering", "Improving Your Self-Esteem", "Making Time for Me", "Understanding and Practising Assertiveness", "Dealing with Stress", "Managing Your Anger" and more...

Here's what one of the first purchasers of the **Discovery** e-Course have said - "**Your Discovery course is outstanding. Thanks.**"

Your investment for this e-Course is UK£29.99 (Approximately USD 52.00/EUR 44.00).

Do try this for nothing!

Alongside "Discovery" and to give you a little taster, to see if you like my style, I am also offering a complimentary 7-day mini e-course on Procrastination. To sign up for this, please go to www.harpercoaching.com

Kate Harper is a Motivation & Wellbeing Coach, based in the beautiful Highlands of Scotland. To find out more about Kate's services please contact her at kate@harpercoaching.com or see www.harpercoaching.com .

This newsletter has been sent to you via www.totalbusinesscart.com (this is an affiliate link).

If you have enjoyed this newsletter please share it with your friends and colleagues by forwarding it or by suggesting they subscribe at www.harpercoaching.com.

©Kate Harper 2007. I am happy for you to reproduce the content of this newsletter providing you include full authorship, copyright, my website details and subscription information. If you have any questions please e-mail Kate Harper at kate@harpercoaching.com

I will never sell, share or otherwise divulge your contact details, including your email address, to any third party.