

## Do Something!

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### What Can Make You Happier?

This newsletter comes to you from Kate Harper of Harper Coaching.

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Welcome to this issue of **Do Something!** - the newsletter that drops into your inbox every 2 weeks and 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 all our readers, new and not so new!

I am so happy to be able to say I have subscribers from pretty much all over the world - **Albania, Australia, Canada, India, Ireland, Italy, Japan, New Zealand, South Africa, Switzerland, the UK and the USA.**

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Thank you so much to all of you who sent me such lovely emails concerning the 100<sup>th</sup> issue of **Do Something!** I really appreciate how supportive you all are. You are brilliant!

I also want to thank those of you who entered your names into my fun draw. I have contacted the lucky ones and your gifts should be on their way to you soon.

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One of the core aims of my clients and most of the people I come into contact with (and, I must confess, myself) is to be happier. Whatever their goals are, it always comes down to happiness. Want a new job? Would like to form a new relationship? Want to move house? Want to be more confident? Need to lose weight? Behind all of these is the desire to be happier.

Happiness can come from so many areas of our lives, is very subjective, and there are many books out there with suggestions and plans of how to be happier. Google "How to be happier" and you get 4,390,000 suggestions (more or less). I had a quick dip into those and there is some good stuff out there, if you have time to look. A 'Happiletter' drops into my inbox each week from Sylvia Tillmann at [www.wanttobehappy.co.uk](http://www.wanttobehappy.co.uk). I would encourage you to have a look at her site and sign up. Just thinking about happiness when the newsletter arrives is enough to give you a boost.

So what makes you happier? Have a good think about it. Usually I find it is the small things that add up to create a sense of happiness, rather than one great big thing that is gone in a flash. My mood can be lifted by the glint of sunshine through

a rain cloud, the smile of a stranger and so many other things – if I choose to notice them. When I am down a good workout at the gym can really boost me. Trying to concentrate on the pretty complicated programmes my trainer, Sam, has given me is enough to distract me from my woes (I really can't think of anything else except the moves and the technique and my wobbly muscles!) and at the end when I have done it I feel I have achieved something. Yippee! I hope that some of the suggestions below help to make your week happier.

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**Do Something** to move you towards your goals. Even if you manage to only achieve one small thing each day, you are still doing something! Note it and celebrate it! Working towards a goal that you really want to achieve is as satisfying in the journey as it is when you get there. If it was that easy, you may not appreciate all that you have done to get there. Perhaps that is why so many Lottery Winners are reported to be no happier than the rest of us!

**Do Something** today that you've been putting off for a while. Niggling tasks that you have been putting off are likely to be weighing you down somewhat. By getting it over and done with you will boost your mood and the feeling will last as you no longer have to worry about what you *haven't* done but can celebrate what you *have* done! Or are you not facing up to something by putting the blame on something else? For example, have you been putting off dealing with an emotional problem by blaming your low mood on something like the rainy weather, or how full your in-box is? Once you acknowledge what is really going on you can decide how you want to deal with it.

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

**Do Something** for yourself. What is your environment like? Is it all chaos and disorder, or do you have somewhere calm and peaceful to retire to when you need some space? If you can't manage a whole room, start with just one area and let the order spread. Just a little effort regularly can make a great difference.

**Do Something** active every day. How about carrying out 'random acts of fitness'? You can fit them in whenever you like into your day and regular bursts of activity, however short, are definitely better than none at all. (Have a look at this - <http://www.journal-online.co.uk/article/5479-7-minutes-of-exercise-reduces-diabetes-risk>)

Now that the days are longer and lighter, why not get active outside? Research suggests that the brain chemicals that improve mood are stimulated by light. (As in SAD syndrome – see here <http://www.sada.org.uk/>.) A brisk walk or jog in the morning sunshine would do much to set you up for the day.

**Do Something** because you want to, not because you *have* to. Acting happy – smiling, even when it's fake, boosts your mood! This may make the task you didn't really feel like doing so much more pleasurable and you may find that as you seem more friendly and approachable other people may offer to give you a hand.

**Do Something** new every day. Decide to learn something new. What appeals to you? Make it something you are *really* interested in, not something that you think you should be interested in!

**Do Something** creative every week. How can creativity make you happier? "*Let me count the ways...*" to quote a famous lady poet out of context (Elizabeth Barrett Browning - 1806-1861). What creative thing do you enjoy doing? One that makes you lose yourself? If you haven't found it yet, I am sure there is something there for you, if you are just willing to give it a go.

**Do Something** for nothing. Carry out random acts of kindness. Doing something just because you can, not for any reward, brings its own pleasure and happiness. The kindest thing you can do for someone else is to smile at them and show that you know they are there, that they exist. This may make all the difference to their level of happiness – and yours.

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**Do** enjoy this quote:

*"Remember this - that very little is needed to make a happy life."*

*Marcus Aurelius Antoninus (121-180) Roman Emperor*

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I do hope that this issue of **Do Something!** has inspired you to do what you can to become happier this week!

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

Warm wishes,

Kate

**Passionate about helping you achieve your goals.**

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