

## Do Something!

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### Better Late Than Never And The Beauty And Pain Of Preparation!

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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I must apologise for the lateness of this week's newsletter. My routine has been rather put out this week. Not only am I about to travel to the South of England to see my mother and sisters (without spouses/partners and children!); an occurrence that I can only remember happening when we were youngsters; but I have only recently discovered that the new flooring that has been piled up in the dining room is finally going to be put down while I am away. That is all well and good, but it has involved chasing the plumber to move a radiator and also clearing the room of all the stuff that has crept in while we have been waiting (a very large dining table, a sofa, the biggest television in the house with all its various dvd players, games consoles etc and more...) as well as finding somewhere to put it. I am now exhausted! I would be even more exhausted if my lovely children hadn't been so helpful.

So I have been involved in two lots of preparation. Preparation for the trip and also preparation to have the flooring laid properly and quickly. The trip has been in the pipeline for quite a few weeks, so all that needed to be sorted for that was done quite a while ago (except for the packing, which can wait until tomorrow!) – the flight booking, the car hire, the co-ordination with my sister who is meeting me at the destination airport, as well as a few other essentials like making sure my husband and children have at least some edible food in the fridge. The flooring has been sitting in the room since December last year and some preparation in the room has been already been done, like the new red paint on the walls, but we have been waiting some time for the plumber to move the radiator and the date to be set for the boards to go down. Then suddenly the date is set – for the same weekend I am

away, so I have to appeal to the plumber to do the job, then clear the room etc etc. That's life, I suppose.

So what have I learned from today? That I am really good at planning things in advance and when faced with an immediate crisis, I handle it pretty well, but if given 24 hours notice, I get very cranky! So if given the choice, I like to enjoy the beauty of planning and preparation in advance and see the way things fall into place. I am much nicer to be around too! So what are you like? Do you like to plan things in advance, or are you a 'wing it and see' kind of person? Which has the best results for you and what impact has it on your stress levels?

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**Do Something** to move you towards your goals. Good planning and preparation will help you lay the groundwork for whatever it is you are aiming to achieve. However, life happens, and not all plans fall into place. When this happens, have you got a back-up plan and a support network you can call on to see you through? If not, think about getting this in place as part of your preparations. You may never have to use them, but if you do, it will save you a bucket load of fretting.

**Do Something** today that you've been putting off for a while. Do you avoid making plans? Is it because you can't see the point, or is it that you don't really know where to start? What exactly are you putting off? If it is because you are unsure how to actually plan something out, a quick Google brings up all sorts of useful site with tips and ideas to work through (though you will have to pick them out of the sites relating to building planning, rather than business or project planning). I find that writing everything out really helps me, with a time line and what needs to be done and who by. As I said, this doesn't always go to plan, but it gives me a framework.

(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. One of the benefits of planning and preparation is that you are more likely to make sure that you have time to do something for yourself. Schedule time for yourself each day and make sure you make it happen. You will feel so much better for it and so will be more able to cope with whatever the rest of the day throws at you.

**Do Something** active every day. It is vital that you plan in daily activity, even if it is simply a regular walk to the water cooler, a promise to yourself that you will take the stairs instead of the lift or the commitment to yourself to take your lunch break away from your desk and preferably enjoying a walk around a green space, if there is one available near you. All the physical activity you undertake in a day will contribute to your overall wellbeing. Plan to get moving and then MOVE!

**Do Something** because you want to, not because you *have* to. It is true that planning for something you want to do seems so much easier that making preparations for something imposed on you. Think of making plans for a holiday to

your favourite place, as opposed to the organisation that needs to be done if you need to go into hospital for a while for a mundane reason. There is a sense of excitement and anticipation with the first, that makes the whole process seem so effortless, while the second has none of that. Note, I said 'seem'. There is effort in both.

**Do Something** new every day. We can be spontaneous about trying out something new, but sometimes we need to make plans. We need to find out where, when and who with. We need to know what to wear or what equipment might be required. Preparing to make the most of the experience will help the actual undertaking be more pleasurable.

**Do Something** creative every week. What do you need to do to prepare for using your creativity? Do you need to schedule time into your diary? Do you need to buy some supplies – ingredients, craft items, paint, paper etc? By ensuring that you have everything you need to hand, you will be able to make the most of your time.

**Do Something** for nothing. Spontaneity can be wonderful, however, in our busy lives the times we can indulge in that spontaneity are few and far between. Planning ahead, even if it is about how we will spend the day, can save us so much wasted time and effort in the long run and costs us not much more than some of that time. That is the pain. However, it is time well spent. That is the beauty of preparation.

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**Do** enjoy this quote:

*"Preparation is not the enemy of success, but a dear friend. Be good to yourself and the favor will return."*

*Samuel Cunningham*

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I do hope that this issue of **Do Something!** has inspired you to at least prepare to do some planning!

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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