

## Do Something!

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### Who Do You Think You Are?

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.**

Please make sure that you put [kate@harpercoaching.com](mailto:kate@harpercoaching.com) on your allowed list, so that you can continue to receive this newsletter.

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Who am I? I am Kate, Katie or Catherine. I am a daughter, youngest sister, wife and mother. I am a coach, a speaker, a writer and a member of various networking groups. I am a cook, a cleaner, a laundry-woman, a domestic goddess. I am a graduate, a former Information Specialist for IBM, now self-employed. I am friendly, I am shy, I am garrulous, I am smiley, I am fit and healthy. I am human. I could go on and on.

And who do you think you are? You may not realize how many labels you use for yourself and if you do, do you understand the impact that such labels have on your image of yourself? How do you label yourself? Where do all these labels come from? It is important that you identify this. Which labels assist you? Or work against your interests? Are you limiting yourself by accepting such labels or being honest? It is time to take an honest look at yourself and who you really are.

People are constantly being labelled. Almost every day we are asked to choose categories on questionnaires or polls as to where we think we fit in, where the boxes we have to check represent who we think we are. Do you also realize that you also subconsciously label the people you come into contact with each day, and that your response to them can be coloured by that label? Do you judge yourself and others harshly based on a single event or occurrence? Other people are just as complex and unique as you. Their actions on a single occasion do not necessarily mean that they are from a particular category.

Just like you they all have the potential for change and improvement. Are you ready to accept yourself, and them, without labels? Stick to the facts. Labels tend to be generalizations, over-generalizations, and are often assumptions, a narrow view of someone that is largely based on opinions and beliefs – in many cases flawed or unsubstantiated. You are not the same as what you do. Are you always like the label you give yourself? If you must label yourself, stick to positive ones, but not to the point of becoming arrogant or acting superior.

It's time to have a good look. Who are you? What are you? Who do you think you really are?

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**Do Something** to move you towards your goals. Is your concept of who you are and what you are capable of holding you back? Or perhaps you are labelling others who may help you with negative tags? Perhaps you have decided not to approach someone because you think they would never help you. The only way to find out is by asking. Do you need to provide leadership to others to move you all along? Are your ideas and opinions about them affecting your leadership? Perhaps it is time to reassess. Don't let your own self-image or the image you have of others hold you back.

**Do Something** today that you've been putting off for a while. Have you been living with other people's opinions and ideas of who you are and are afraid of being found out as a fraud? Or perhaps you have labelled yourself as useless, so have convinced yourself that you are not able to carry out a task effectively? It is time to really look at whether this is true or not and whether you now need to face up to the way you have been thinking and move on.

(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. "Who am I?" Ask yourself this question and list all the answers you come up with. Then ask yourself again "Who am I?" and again list your answers. Repeat this until you can really come up with no more answers. This final list is more likely to reflect who the real you is.

**Do Something** active every day. A few years back I never in a million Sundays thought that I would become a regular gym-goer. Gyms were for *other* people. I now laugh at myself for those thoughts. Gyms are for anyone and *everyone*! The only thing that perhaps may hold you back is affordability and accessibility. I am very fortunate that my local gym is only 5 minutes walk away and is part of a Highland-wide Council scheme, so is very inexpensive. So I am now a regular, making the most of my membership and working with a personal trainer to make sure I am constantly improving and also doing it right. However, I do realize that this is not something that everyone can do. We are built to move, however, so stop thinking that exercise and activity is

for other people only and list as many ways as possible that you can add more movement to your day, then start doing it.

**Do Something** because you want to, not because you *have* to. Are you one of those people that always gets asked onto committees, or to help at fundraisers, to stay late at work when others are going home? Is it because others see you as someone who will get the job done, who is trustworthy and efficient? How do you see yourself? Are you happy to oblige, or do you cringe inside, (“No, not again! Why me?”), and wish they’d ask someone else. If you are the former, thank you. Without you, not a great deal will get done. However, if you are the latter, it is time to change others ideas about who you are and what you are prepared to do. The first thing you need to establish is what you are actually happy to do and what you would like to drop. Then you need to start letting others know this too, in a way that makes you feel comfortable. Here is a suggestion of how to go about it - *“I know I have been on the committee for the last two years and I am aware that you would like me to continue; however, I have decided that it is time to make space for someone new. I am happy to support you from the sidelines, for example on the occasional fund-raising event, but I am also keen to pursue my other interests.”* Then stick to your guns.

**Do Something** new every day. We can all change. By trying out something new regularly, we can develop different tastes and interests and find out what we like and what we would rather not repeat, whether it be food, drink, activities, or experiences. If we allow ourselves to become too stuck in our ways, we are missing out on so many opportunities to develop and grow. So what if you thought you had two left feet when you were young! There are so many different types of dancing out there to try if you are only prepared to give it a go. Tastes change too. You may have memories of particular foods that you weren’t too keen on, but as you get older, you may find that if they are cooked in a different way and to a higher standard (memories of overcooked school dinners!) you may begin to like them. For years I was convinced that mushrooms were spicy (I really have no idea why I thought that!) and I really disliked curries. I now love both. Don’t miss out because of early memories.

**Do Something** creative every week. Using any and every means at your disposal, use your creativity to build up a picture of who you really are. This can be in the form of pictures, either drawn or painted by you, or images torn from magazines and newspapers and pasted onto a large board or piece of paper. If you prefer to use words, do so, even if it is by clipping single words or phrases that seem fitting from other sources. Or you can write or type a stream of words that seem appropriate. One place you can do this is at <http://www.wordle.net/>. Your random words can be used to create something “awesome”, as my children say. Have a play!

**Do Something** for nothing. It is challenging, to say the least, to start to look at your own and other’s ideas about who you really are and also about how you think of other people. It can reveal quite a lot about how you

developed these thoughts and this is not always comfortable to face up to. However, it does not have to be only a negative experience. By really getting down to the nitty-gritty of who you really are and what makes you tick, you can move on with a better chance of making choices and behaving in a way that is congruent with your true self. So, who do you think you are now?

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**Do** enjoy this quote:

*"Resolve to be thyself; And you know that he who finds himself, Loses his misery."*

*Matthew Arnold (1822-88), British poet, critic*

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I do hope that this issue of **Do Something!** has inspired you to re-evaluate who and what you consider yourself and others to be!

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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