

Do Something!

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What's The View Like From Where You Are Standing?

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

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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.

One of the things that I have learnt over the past few years is that no matter if you have had the same opportunities, experiences etc as someone else, this will not make you think, act or behave in the same way as them. You will always act according to your own internal viewpoint. For example, you may come from the same gene pool as your siblings, with the same type of upbringing and schooling; however, how you turn out as a person will not necessarily be in any way similar to them. You may have gone to the same type of school or college as your co-workers and live somewhere pretty alike, but find it really challenging to relate to them on any other level than professional. Don't worry about it. You are not unusual. And neither are they.

The way you view your world and other people comes from within you. Some of it is genetic, in that you may have the same parents, but the way your genetic code is laid out may affect how you are as a person, not only physically, but also emotionally. Add to this the experiences that you go through from birth (some people claim that this can even be from before birth) and what have you got? A unique, one of a kind package that is you. So it is no wonder that your view of the world is different from everyone else's. By understanding that, you will be able to realize that you cannot second-guess others, or make them be like you, however you can respect that they also have their own unique view of the world, and somewhere, the two views may become compatible.

Do Something to move you towards your goals. Are the assumptions that you make about others affecting your decisions about how you intend to achieve your goals? Start to listen and understand how other people view their world and see if you can find a common ground,

so that you can move forward together. Sometimes people get in our way without realizing it, because they don't understand our viewpoints. By taking time to clarify the situation, you can achieve a win-win situation where you can both progress.

Do Something today that you've been putting off for a while. What you are thinking contributes to how you are feeling. So what are the thoughts behind your procrastination? What has happened in the past that is making you feel that you don't wish to carry out this particular task? Is it because you once attempted to do something similar and it all went wrong? Or are you still hearing the negative comments of long ago which make you doubt your abilities? What did you learn from your previous experience that can help you be successful this time? Are the voices that are belittling you aiding you or hindering you? Change your focus and turn the view into a positive one where you are willing to give anything a go.

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

Do Something for yourself. How do you see yourself? Are you negative and dismissive of yourself? If you start to speak to yourself in a more constructive way when you both fail and succeed, as well as paying attention to all your positive attributes you will gradually become more optimistic. It will not happen overnight, however, it will happen. So rather than maintaining an unfavourable view of yourself, change your outlook to a more affirming one.

Do Something active every day. You cannot afford to wait for positive experiences to grab you. By actively seeking them out you will be able to take control of how you experience life. Become a 'do-er', not a 'be done to'. (Unless what is being done to you is something pleasurable, like a wonderful relaxing massage!)

Do Something because you want to, not because you *have* to. No matter how bad things get, there is always someone who is worse off than you. Instead of feeling sorry for yourself and hard done by, begin to focus on ways to make your tasks more rewarding for yourself. So you have to type up that long, boring report. Well, at least you have a job. So you have to clean the house from top to bottom, because it is such a mess. At least you have somewhere to live, a roof over your head. You can't be bothered to cook tonight as it is such a pain to think of nice meals day in day out. At least you have food to put in front of you and I am pretty certain you are not worrying about where the next meal will be coming from. It is all a matter of perspective.

Do Something new every day. We all tend to process our experiences through a filter. This can make us wary of seeking out new experiences for fear of getting it wrong in some way, if that is what has happened before. There is no guarantee that things will go smoothly, however, there are so many new things waiting out there to be tried out, tasted and considered. (Is this good? Am I enjoying this? Do I want to do/have it again?) Trying new things will allow you to form opinions, evolve and develop.

Do Something creative every week. You can use your personal viewpoint to express yourself creatively. Consider how very diverse the representation of the same view by different artists can be, how varied the interpretations of musicians across the spectrum and

how writers will approach a common subject so distinctly. What is to say that you cannot be a part of it all?

Do Something for nothing. If we become stuck in our ways we can miss out on so much. If you aren't looking, how can you see the sunset, the rainbow, the smiles? Isn't it time you shifted a little, and changed the view from where you are standing?

Do enjoy this quote:

"Many of the truths we cling to depend greatly on our own point of view."

George Lucas, American screen writer, director, movie producer

I do hope that this issue of **Do Something!** has inspired you to change your point of view!

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 I can offer you 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

If you would like to know more, please contact me.

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 and 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

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