

## Do Something!

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### What Fires You Up?

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.

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 was talking to a young friend of mine yesterday about all the things that make me who I am. I referred to the fact that I get really excited about some things that others consider trivial, like noticing a bird, any old bird, pecking away at the seeds on my bird-feeder; or the first bud appearing on a plant that has made it through the winter; or the way the sun catches on the mountains in the middle of a rain shower and then bursts into a glorious rainbow, taking my breath away and making me want to sing, laugh and cry at the same time. We talked of the way we both look at cloud formations and see more than droplets of water. (Can't you see that dragon over there? The great big strawberry ice-cream one flying next to the hunched over old man?) I told her about how I have an insatiable love of learning new things, whether it is an external skill or internal knowledge, and that my brain is stuffed full of information that has been assimilated since I was born. I am constantly plucking out facts and data from the recesses of my brain and often I don't even know where it came from. I love reading. I love learning. I love trying new things, even if I am not really that great at them all. I love words such as mellifluous, soporific, somnambulant, prestidigitation. Just saying them draws a picture in my mind. That is why it is such a delight to read books and articles that contain good vocabulary, rather than repeating a few basic words. My head is bursting with all I want to do, want to experience, want to see, want to feel!

As you can imagine, sometimes this can leave me feeling rather exhausted and often unsure what to do next. It is time to take a deep breath! Usually, it is the most pressing thing that demands my attention and I have to plan in those things that don't necessarily get the household running efficiently, even if they definitely contribute to its overall wellbeing, as I get so much pleasure from them. Some of the things that have taken a backseat over the last few years are beginning to surface again in my consciousness and I am feeling warming fires ignite as I

consider future projects and how to make sure they fit into everything else that I am committed to. They are not yet a burning inferno that propels me into action, but I feel the smouldering increase, so am certain that some time soon I will find myself like a whirling dervish and one thing or another will be created or learned. It is often at these times that I am at my most efficient, as the things that need to be done are done alongside those that enthuse and inspire me.

So what fires *you* up? What makes you feel so alive that even just talking about it animates you and instils in you the need to do it, see it or experience it in some way? This can be described as having an inner fire or even a passion for something. It is as unique as you or me and is extremely personal. You may find that those people around you don't share or even understand what makes you want to do these things, but in the end that doesn't matter, for if you don't do them, you have a lingering feeling that something is missing in your life. You can suppress those feelings for a time, but often, they will flare up inside you when you least expect it and it is up to you whether to fan those flames or douse them once again....

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**Do Something** to move you towards your goals. You may feel that you don't have the opportunity to do those things that make you burn with passion, because you have a job to do, a house to run, other obligations that take your time and energy. However, it is possible to do these things side by side with those obligations, adding colour and enthusiasm to your life. If you work, see your job as a way of funding those activities that you enjoy. Your job, even if you find it underwhelming, can then be seen as a positive thing, as it allows you to do those things that give you joy. Find pleasure in all that you do. It is there if you want to find it. Make time to do those things you love and the rest of your life will seem so much brighter.

**Do Something** today that you've been putting off for a while. Do it, do it, do it! If you have a passion that you would like to eventually turn into a career, then do it to the best of your ability. Aim high. Stand out. Remember that you can also use your career to maintain your passion, so make sure that you do what is necessary quickly and efficiently, so that you have time for the things you love. Acknowledge your fears. Are you afraid of making a mistake? Of making the wrong choice? That you may not be good enough? Or that others will laugh at you or be scornful? Fear is a normal part of the process, however, do not allow it to stop you giving it a go. Don't give up. Be tenacious and stick to it. Make it happen. Focus. Distractions and sidelines can draw you away. Set a timer if necessary and pay attention to what you are doing.

(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. Don't confuse 'what do I want' (as in material things) with 'who do I want to be?' Live every day with the end in mind, without being morbid. How would you like to have lived your life? It doesn't have to be

anything enormous, but something that will make you feel that it was all worth it, so that you don't look back over your life and regret not doing things that you love, or feel that you have wasted your life playing it safe. Be curious. Life can be a story or a game. Just make it an interesting one. Set yourself a goal for today, something that you really want to achieve by the time you go to bed – then do it. When you are done, you can think back to how you felt doing it and when you had finished. Find the direction and purpose that you need within yourself.

**Do Something** active every day. Make time every day for your passion. Feed the fire. If necessary get up a bit earlier or go to bed a bit later each day and use that extra time only on what makes you happy. Read, write, exercise, learn an instrument, a new piece of music, draw, dance or just be. No one else can tell you how to spend this time. Use it however you like, but ensure that you don't waste it.

**Do Something** because you want to, not because you *have* to. You always have a choice. Feeling forced into something can dull your passion for it, however, if you choose to do what you love and what excites you this can ignite every part of your life. We all have some fire with us. It is just that so many of us do not allow it to burn bright, for all sorts of reasons. Start by simply believing in yourself. (Simple, but this takes practice for sure.) Talk about it. I know that my own enthusiasm is fuelled by expressing my ideas to someone else, especially someone who is supportive and as interested in living life to the full as me, so choose who you share this with well. You don't want to be left feeling flattened by someone who has no empathy or understanding of what thrills you so much. However, if you bottle it up the bubbles cannot escape and excite others as well. A bottle of champagne is simply that – a bottle containing an unknown liquid – until you pop the cork and let the joy out! Half of its pleasure is that release of suppressed delight.

**Do Something** new every day. Dare to dream. What do you already love doing? What are your hobbies? What childhood activities did you enjoy? What do you always zone in on in a bookshop, at a magazine stand or on the internet? What can you never get enough information or knowledge about? Get a sheet of paper and write down anything and everything that has ever inspired or excited you, and those that still do. Don't think too hard; just write. When you have written all you can, then you can look at what you have put down and assess how you feel about each thing. What is it that you find inspiring in other people? Do you wish that you could do or be the same? This can be helpful when you are not sure exactly what you feel passionate about. If someone else is already doing it and you want to be the same as them then perhaps this is a clue?

**Do Something** creative every week. What are you most complimented on? It could be your cooking, your lovely home, your way with words, how you dress, your style, the thoughtful gifts you choose or the way you run meetings efficiently and with no side-tracking. This can give you some ideas about where your skills and talents lie. Express yourself in a way that shows who you see yourself to be. This can be in the way you speak, dress or furnish your home. Be an individual and proud of it. Whatever it is, whether making, doing, creating, collecting, sharing information or any other activity that makes you forget where you are or the time,

don't let it slip away from you. Make time for it. Allow yourself to let go and lose yourself in doing something your really love.

**Do Something** for nothing. How do you know that you are ready? You may feel that something is missing in your life. You feel as though you are on autopilot, that nothing is giving your life colour and texture. You could feel that you an observer, rather than a participant in your own life. Sometimes all it takes is to allow yourself to admit what it is that you want to do and to give yourself permission to do it. What makes you smile? Sometimes that is all you need to think about to find out what fires you up.

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**Do** enjoy this quote:

*"The inner fire is the most important thing mankind possesses."*

*Edith Sodergran*

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I do hope that this issue of **Do Something!** has inspired you to do more of what fires you up and excites you!

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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