

Do Something!

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On Spontaneity and Seizing The Moment.

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** .

As you read this newsletter, I will be in Florida, joining my Dad in celebrating a significant birthday. Now, usually, I make my travel plans well in advance and plan the trip like a military operation. Well, this time, the flight booking was made less than a week before the date of travel by my dear husband, who decided that I really should be with my Dad for his special day. That wonderful man will be holding the fort and dealing with our household while I am away. I hope he and they enjoy being without me! (Only for a short time, mind! I shall only away for a week.)

When he suggested the trip I almost hesitated. As I said, I usually like to make my plans well in advance, so to leap in like that was a bit scary! (At least I did have some days to get myself organized.) Once I'd said 'yes', however, I could allow myself to get really excited about doing something like this. Dad seems pleased that I am coming and it will do everyone here in Kingussie good to have time without me for a while. I have visited many times before, so I don't need to be entertained or shown the sites and I have hired a car, so that I will be independent. (I feel a visit to the Outlets coming on!) There is also now a gym where my Dad lives, so I will be able to keep up my regime while I am away.

What are you like when presented with something unexpected? Do you like to be spontaneous, or are you like me and usually like things to be laid out ahead of you? Actually, the more I exercise my spontaneous muscle (if there is such a thing), the easier I find it. A bit like physical exercise, I suppose. It is good to push yourself that little bit more each time. So, if you are usually lacking in spontaneity, give it a go. Take chances, open yourself up to new opportunities and seize the day!

Do Something **to move you towards your goals.** While it is good to have your actions and plans made in advance, don't be afraid to try something new on the spur of the moment or to take detours. Sometimes these can lead to further opportunities and better results.

Do Something **today that you've been putting off for a while.** Seize the day and do it now! You will feel so much better for doing so.

(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.** There are many reasons why it can be less than easy to be spontaneous. Many of those reasons revolve around our responsibilities. While it is good to consider the effects our actions have on others, it can sometimes stifle us. So take the opportunity to do something for yourself when it occurs. It doesn't have to be anything major. Simple, daily kindnesses to yourself will show you that you *do* matter.

Do Something **active every day.** The more you allow yourself to respond spontaneously, the easier it will become. Last week, I had arranged to meet my friend for our usual 5-mile jog. Up to that date the weather had been kind to us, but on that morning it was not to be. The rain was bucketing down and the water was lying on the ground. She phoned and asked if I still wanted to go out. My head was saying, "let's have a coffee instead" but I heard myself saying, "let's go for it!" So we did. We returned dripping wet, but oh, did we feel good! On the home stretch the rain held off and we could admire the glorious sight of Kingussie nestled against the mountains behind, with the purple heather. It was wonderful!

Do Something **because you want to, not because you *have* to.** The urge to act spontaneously has to come from you. There is no point leaping into something that all your instincts are telling you is a bad idea. However, you need to learn to tell what is a habitual 'no' and what is a 'no' because this is something that you *really* don't want to do.

Do Something **new every day.** There are so many opportunities out there! Go for it!

Do Something **creative every week.** Seize the moment to try out something creative. Even if it doesn't quite turn out as you wanted, it will allow you to get those creative juices flowing once again. You'll soon find the creative pursuit for you.

Do Something **for nothing.** That's the thing about spontaneity. You will either say 'yes' to something or 'no'. Nothing more nor less. However, before the 'no' automatically comes tripping out of your mouth, think about what it will cost you later - in regrets. I can thoroughly recommend this spontaneity business and urge you seize the moment!

Do enjoy this quote:

"Our whole life is an attempt to discover when our spontaneity is whimsical, sentimental irresponsibility and when it is a valid expression of our deepest desires and values."

Helen Merrell Lynd (1896-1982)

I do hope that this issue of **Do Something!** has inspired you to act spontaneously and seize every moment!

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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