

Do Something!

October 21st 2009 Issue 115

One Step Further

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.**

On an almost weekly basis, I go running with a friend. I have been a reluctant runner in the past, but our appointment is one I now look forward to. She has not only introduced me to a style of running that allows me to run 5 miles without collapsing, she is also a really interesting person to be with. I really enjoy our conversations and love the buzz when we get to the end of the run. (I've survived!)

Last week, she announced that she is signing up for the Edinburgh Marathon and will be training for it from now on. Wow! I was impressed. So I said that although I would *not* be signing up too, I would be happy to support her through her training. I am not one to say I will do something that I don't want to do any more, (must be a sign of growing up perhaps), so the Marathon is not for me. However, I am excited that we will be upping our game each week. We managed to cut a good 10 minutes off our run on that day, which took a bit more effort, but it was very satisfying. This is taking both me, and her, one step further towards the achievement of a goal. Her goal is to run the Marathon in a reasonable time (hey, any time is reasonable to me, but she will set her own time and work towards it), and my goal, to be supportive and to push myself further than I would if I was doing this on my own. One step further, then another, then another, then another.....

So what do you need to do each day and each week to move you at least one step further on in your journey towards your goal? Do you need to stretch yourself in a way you never considered possible before? You can push yourself or just sit back, it is up to you. I do hope you decide that your goals are worth pursuing and that you take that one step further in the right direction.

Do Something to move you towards your goals. Do you find it challenging to make time to work on your goals? Are other things grabbing your attention? It can be very frustrating, but it is up to you to decide to make the time to focus on what it is that you need to do to move yourself even one step further on. Take some time to see what you spend your time on now and work out ways to cut back on the trivia. We often spend the most of our time on the least important tasks. Sure, it is great to see items ticked off our to-do list at the end of the day, but are they the most crucial ones? There seems to be many suggestions about how we should be prioritizing tasks, so I suggest you have a quick look at a few, then choose one that suits your way of working. Just don't waste too much of your precious time doing that!

Do Something today that you've been putting off for a while. Do you have too many things to do? (See above.) Or are you getting too comfortable? There may be things that you are avoiding doing because, up to now, you have managed to get away with not doing them! Do you need to acknowledge that you *never* will get round to doing them or do you need to push yourself to get them done and out of the way, allowing you to concentrate on the other things that need doing? It could be that you are not sure where to start. What is the first step? It could be to admit that you haven't got a clue and ask someone for help. This could mean putting your hand in your wallet and paying someone else to do it for you or perhaps to negotiate a trade-off of skills, time etc.

(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. If you are happy as you are, then I congratulate you. I personally think that happiness comes from how you feel, not what you have, although not having to worry about whether you have enough of anything to survive will surely help. If you are discontented about any area of your life, then it is time to seriously think about what is making you feel that way and choose to do something about it. This could be in any aspect of your life. Take that first step.

Do Something active every day. I often see people in the gym who are dawdling along on the bikes, pottering on the rowing machine, strolling along on the treadmill and generally looking like they are not there at all! One side of me is frustrated to see this, as I personally don't see any point in going into the gym unless you are going to break a sweat, especially as it is so easy to stroll around our beautiful countryside. However that other side of me is delighted to see them doing SOMETHING! I don't know how active or not they are the rest of the time, so it not right for me to judge them. I just wish they would take a step further and do a little more. Perhaps they are frightened of pushing themselves that little bit more, who knows? I know first hand how much benefit can be gained from that. If this is you, don't forget that most gyms have staff that are happy to help you set the level that is good for you to work at. Just step out and ask.

Do Something because you want to, not because you *have* to. The more you want something, the more likely you are to push yourself to attain or achieve it. During a period of ill health about four years ago I realized it was up to me to do something about it. I hated being unwell and had drawn a blank at my local Dr's surgery. (The next step was waiting lists at the hospital.) I explored the possibility that I was intolerant to certain foods (which was confirmed) and started to work with a personal trainer to work on my fitness and stamina. Within weeks I was feeling so much better and since then have only suffered from only a few 'bugs', recovering much quicker than I had previously. I *had* to do something about my health, as the alternative didn't bear thinking about. What do *you* have to do something about? We all have things that we have avoided facing up to, such as financial worries, health issues and relationships that are draining rather than energizing. Don't let them to continue to weigh you down physically or emotionally. Take that first step to sorting it out, however challenging that may be.

Do Something new every day. By experiencing new things we can continue to grow and develop. We learn to like new foods, as well as to form opinions about those things we are really not keen on. If you never try out anything new, how can you find out what you really do like or dislike or even just feel neutral about? Not all new experiences will necessarily be ones that you wish to repeat, but at least you will *know*. Take that further step towards personal growth by choosing something new to try out every day.

Do Something creative every week. Often we don't allow ourselves to be creative because we carry the belief that we wouldn't be any good at it, whatever it is. This may be the result of other people's comments and opinions, or from something that happened that put you off in the past. It really doesn't matter what others think about your creative efforts. If you want to give something a go, do it. The joy and satisfaction that comes from creating something for yourself, however large or small, cannot be beaten.

Do Something for nothing. That one step further may be the last one you want to take. You have a debate going on in your head where the argument for doing nothing, for staying the same, for not pushing yourself forward seems to be dominating. It could be that you are fearful of the pain that may be involved, physical or emotional, or both. However, if you do nothing, nothing will change. If you are happy with what you have, then that is great. Keep doing what you are doing. However, for most of us, there is always *something* that niggles away at our consciousness. Don't be the person who looks back over their life and wishes that they had taken that one step further...

Do enjoy this quote:

"Challenges make you discover things about yourself that you never really knew. They're what make the instrument stretch - what makes you go beyond

the norm."

David L Boren (b. 1941), American politician, Governor of Oklahoma

I do hope that this issue of **Do Something!** has inspired you to take the first step and then the next...

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.

Kate Harper is a Personal Development Coach with a special interest in Motivation & Wellbeing. She lives in the beautiful Highlands of Scotland.

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