

Do Something!

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New Beginnings

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.**

I caught myself beginning to use the old procrastination techniques that I have worked so hard to avoid. You know, the ones that go like this: "When the children go back to school, I'll...", "Once this (whatever *this* is) is over, I'll...", "After the weekend/the holiday/the recession/in the New Year..." etc. Oh, how expert I am at getting into that mindset!

This made me wonder if I was using this way of thinking to produce reasons or excuses? Were those thoughts delaying tactics and if so, why? What was behind my thinking? If it was an excuse, then I really did need to just get on and do it. If, however, it was a reason, then I needed to think carefully about why I was saying I would do something that I was resisting so hard. Could it be that I really, really did not want to do it and never in a month of Sundays would get around to doing it? If that was the case I need to do something about it – come clean and admit it, delegate it to someone else if possible, or bite the bullet and just do it, if it was something that wasn't going to go away. These things seem to sit at the back of your consciousness, eating away at you, until they grow bigger in your mind than they really are. Sometimes it is just best to bring them out into the open and confront them.

So what has this all to do with New Beginnings? Well, everything really. Every day, every minute and every second gives us the opportunity for a new beginning. The old reasons/excuses can be kicked out and the new decisions and actions can take their place. Sometimes all that it takes is becoming aware of what is going on in your subconscious. Bring it out, look at it and decide how you are going to deal with it. Often, the dealing with it will take less time than the hours and days that you

have spent agonizing over or studiously avoiding it! We all can choose to have a new start. And with new starts there comes the sight of a finishing and completion, bringing with it that wonderful satisfaction that can't be beaten. What will you be beginning today?

Do Something to move you towards your goals. What can you start today that will help you to move forward? It could be something really simple, such as getting together the basic information (getting the file out?) that you need to get the project going. It could be that your goal is to improve your overall wellbeing. So what do you need to do that is different from before?

Do Something today that you've been putting off for a while. Think about the *why* behind your choice to put it off. If it is just an excuse, then stop wasting that internal subconscious energy (even avoiding thinking about something takes mental energy!) and get it started! If you feel that you have valid reasons for not getting started, then think through what they are and make a plan to deal with them. This could be to ditch, delegate or do. It is down to you to decide.

(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. Now is the moment to start afresh. Nothing that has gone before really matters at this point. The actions you have taken, the decisions and the mistakes you have made, the successes you have had are all part of who you have become. However, they do not necessarily have to be a part of who you are going to be in the future. The old phrase "You can't teach an old dog new tricks", is a nonsense! I am sure you can all come up with examples of people who have proved otherwise. So why not make it you? Every moment brings a chance of a new beginning. So take it and make of it what you want.

Do Something active every day. It's the perfect time to start. If you have let your physical activities slide, because of whatever reason, this is the perfect moment to make the decision to get them going again. You don't have to do what you did before, but please do something! If it is something you enjoy doing, then you are more likely to repeat it, so use this opportunity to try out new activities. You may be surprised at what catches you! It could be a team sport, a way of dancing, or a lone activity where you can move at your own pace, in your own time. Whatever you chose doesn't really matter as long as you just get moving.

Do Something because you want to, not because you *have* to. Making the decision to start something new has to come from you. We cannot *make* anyone do anything, even though there are ways to persuade someone, and much research has gone into this psychology of persuasion. You will also find it pretty tough to convince yourself to start doing something that you really don't want to do, however much others may attempt to convince you to the contrary. This applies to almost

everything, from doing a task you dislike, to deciding it is time to lose some weight. What do you need to do to persuade yourself that this is what you want to do?

Do Something new every day. This is all about new beginnings. Some beginnings may be short-lived, as the experience could be not to your liking. However, other experiences will be ones that you will enjoy repeating. So try something new today – a drink, a food, a new way to get to work, talking to a new person, or trying a new skill. There is so much to explore!

Do Something creative every week. Many people don't allow themselves to express their creativity for fear of being ridiculed, or of finding out that they are not good at what they dream to do. Don't allow such fear to stop you from going ahead and starting a new class or hobby, or from picking up a pen and beginning to write that novel or from taking up piano lessons after thinking about it for twenty plus years. Who cares if you never become famous or applauded for what you do, as long as doing it gives you pleasure and harms no one else?

Do Something for nothing. If we never dare to attempt something new we will learn nothing. We will never know if that thing that we have thought about, but never attempted, was something that would turn out to be just right for us, or a disaster. We would never learn from mistakes, or grow into a person who becomes to understand what really matters to them. Don't miss new opportunities because you are fearful – of failure or even of success. It can be easier to go along doing the same things over and over again, but in the end, the world about us changes and we will have to respond one way or another. New beginnings allow us to be proactive and make our own decisions about the changes we would like to experience.

Do enjoy this quote:

"Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand - and melting like a snowflake."

Marie Beyon Ray

I do hope that this issue of **Do Something!** has inspired you to begin something new!

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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