

Do Something!

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Do What You Need To Do.

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 .

I can't believe that when I next write to you, it will nearly be the end of the year! It is amazing how time seems to just swoosh by as I get older. When I was young, there were periods in which time seemed to have leaden shoes, and I know that in the gym, when my trainer Sam says, "do X for one minute", that minute seems to last for ever! And ever.....! Why is it that when we are doing something we are really engaged in, whether it is for entertainment or for work, we never seem to notice the passage of time, something referred to as 'being in the Flow'? How great is that feeling and is there a way to tap into it when we need to for other activities? That's a tough one, although I do find that sometimes once I get started on things I have resisted doing (whether they are pleasurable activities or not), I fly through them. Perhaps it is because I have already subconsciously given them so much attention that the actual doing of it is relatively simple! Do you find that too?

Ideally, all activities would be like this; however, life's not like that, is it? There are loads of things we either do on auto-pilot, with no sense of having done them or even of having achieved something, or there are activities that we have to do that are a bit like walking through treacle. We know we have to do them, but we take no pleasure from either the doing or the having done, other than perhaps a sense of relief that it is over and a vague sense of dread that we have to repeat it at some future stage.

Well, do you know, it really doesn't have to be that way. How you approach a task or activity is down to you. You can decide to moan, groan and make a

big thing of the fact that you have to do this thing - or you can just get on and do it. It's simple really. No, I didn't say easy, just simple. Which person would you rather be? The one who makes a fuss about everything that they have to do that isn't particularly to their liking (I am sure you know someone like that. Not particularly nice to be around, are they?), or the person who just gets on with what needs to be done. I don't mean that they are a push-over, but they do know what needs to be done, so they will do it. I know that I will now say no to things I really don't want to do, or which I don't feel qualified to do, but there are many things that it is better to just get done, quickly and efficiently. So as we approach the end of this year and the beginning of the new, I would recommend just doing what you need to do.

Do Something to move you towards your goals. Have you thought about what your goals are recently? Are you still excited about them? If not, perhaps you need to readjust them or consider that you need a new goal. If you are still passionate about the vision of where you want to be, then use that to fuel your actions. Do what you need to do now to move you even closer to that goal. Taking time each day to remember the 'what for' behind your actions can be enough to give you the nudge you need. I find talking through your ideas and plans with someone you like and trust is another good way to respark your own enthusiasm. As you speak, you will feel more and more fired up and this can be used to get you going again.

Do Something today that you've been putting off for a while. Could it be that you have overthought what you need to do, building what could be a relatively straightforward task into something more difficult? What are you afraid of? That you haven't got the time, the skills or even the inclination to do it? What do you need to do? Do you need to make a clear decision that you are not going to do it and then forget about it (bearing in mind that some things really do need doing, or else they can grow, like a drip that becomes a major leak.), or that you will hand it over to someone who has more time, is more qualified or is more interested than you? Or do you just need to decide to get started and get it over and done with, so that you don't have to waste any more emotional energy on it?

(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. What do you need to do to give yourself the best end to the year? Do you need to start taking care of yourself? Do you need to get fitter? Lose weight? Put on weight? Eat in a healthier way? Make more time for relaxation? For hobbies and interests? For laughter? What you start now will see you through into next year and beyond. Consider any time and money spent on your own wellbeing as an investment in your future. So what do you need to do? I'd love to hear what you decide

to do for yourself that will be for yourself. Email me at kate@harpercoaching.com and I will be happy to cheer you on!

Do Something active every day. Doing *anything* involves some sort of activity. This may not be physical, but can be mental. In fact, even physical activity requires the exercising of those "little grey cells" (Thanks, Poirot) before, during and after.

Do Something because you want to, not because you *have* to. This is about doing what you *need* to do, rather than what others may be requiring you to do. I am sure you already know that once you have made your own decision to do something, it is easier to get on and do it, instead of feeling grumpy because you feel railroaded into doing something. If you really don't want to do something, speak up. There may be another way of approaching it. However, if you just stay silent (and resentful), this will spoil the whole day (week, month?) for you.

Do Something new every day. What will it take to get you trying out something new? Do you need to be wooed by advertising, lured by a friend or colleague's recommendation, or do you have a mental (or physical) list of things that you'd like to give a go? Do what you need to do to allow new things into your life. Sure, not everything will turn out brilliantly, but you will never know until you take a chance and do something new!

Do Something creative every week. What kind of creativity appeals to you? Have you always dreamt of picking up a paintbrush, or a musical instrument or a pen? Do your feet tap everytime you hear music and your urge is to let loose and dance? Do goosebumps pop up when you hear a rich, soaring voice and you so desperately want to join in? If you see fabric and threads and trimmings, do you long to stroke them and turn them into something fabulous? Do clean sheets of paper, card, glue, inks and scissors inspire you to create wonderful crafts? There are so many things to have a go at. Give yourself some time and do what you need to do to feed this part of your soul.

Do Something for nothing. Every day we are faced with things that need to be done. We need to get up, wash, dress, eat and more. Some of us have to commute and spend the day at a place of work. Others have different and various responsibilities. These can be mundane and tedious, or we can choose to make everything do a more enjoyable experience. Even doing the washing up with a smile on your face, appreciating that your efforts are making dirty dishes clean again, can be a source of pleasure and pride. When we enjoy what we do we tend to perform better. Time doesn't seem to drag so much and we can get to the end of the day knowing that the day has been well spent, not wasted. It can be that all you need to do is to choose to think differently, but you know what you need to do. So now smile, and do it!

Do enjoy this quote:

“Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.” - St Francis of Assisi 1181-1226

I do hope that this issue of **Do Something!** has inspired you to do what you need to do to get the best from each and every day!

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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