

Do Something!

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Happy Old Year! Happy New Year!

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**.

Wow! Where did the year go? It seems like it only started yesterday. So much has happened, at home, locally, nationally and globally, and I have no doubt that the coming year will bring even more surprises, challenges and, hopefully, much lasting happiness to all of us. I have been touched by how many of you have contacted me over the year to say how much you get out of receiving **Do Something!** and it is because of this that I continue to write it. I have made the decision, however, that after writing 120 issues, I will now be making it a monthly newsletter, rather than bi-weekly. My plan is to send it out to you on the first Wednesday of each month, starting on February 3rd 2010. There may be some of her communications coming your way every so often, too, if something catches my eye and I think it may be of interest to you too.

So how do we say farewell to the old year and hello to the new? We have access to so many different cultures and customs that it can be quite confusing. Here in Scotland Hogmanay, as the last day of the year is known, is a big deal and all over the country there are celebrations planned, in spite of the freezing, snowy weather we have been having. It has its own customs, such as that of the 'First Footer', where someone (preferably tall, dark and handsome) appears at your door after midnight carrying some coal, shortbread, whisky and black bun (a rich fruit cake). This is supposed to bring luck to your household for the rest of the year. In our family, we usually keep it very simple, with a toast made to each other at midnight by a lovely wood fire. Of course, as my children get older, they will make their own plans for the evening, but they usually turn up again at some point to wish us well!

Although I don't feel the need to dwell too much on what has gone before, except as a means to avoid repeating negative experiences, I would recommend that on

this particular day, you look back over the year and consider those events that you can look at in a positive light, even if they didn't seem that way at the time. It has been a very tough year for many people, so this could be quite a challenge, however, I have the strong belief that in each and every one of us there is a core of strength that will see us through and that if we decide to be winners in life, we will be. We may not be the richest in monetary terms, but the wealth we have when it comes to our own character and in the relationships we have with others is worth more than diamonds and gold. My own life is made all the more abundant knowing that you are out there reading my words.

So I wish you all a very Happy New Year, full of joy, laughter and abundance. If this old year has been a challenge I wish you an easing and lightness in the coming year. Happy Old Year! Happy New Year!

Do Something to move you towards your goals. What would you like to achieve in the coming year? Imagine that it is this time *next* year. Look back over the year and note the things that you are proud of, that give you satisfaction. They could be to do with your professional endeavours, or in your personal life. How did you make it happen? Rewind to now. Make your plans and take action. Have a happy time doing it in the knowledge that you are doing all that you can to achieve what you really want to.

Do Something today that you've been putting off for a while. Well, you've been putting it off all year, haven't you? So what are you going to do about it? Are you going to continue to put it off in the coming year, or are you going to do it, delegate it or finally decide to ditch it? I'm sure you'd be happier if it wasn't hanging over you, don't you think?

(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. Make this coming year the one where you start to or continue to place yourself first. By giving yourself the care and attention you require, you will be able to spread it around. If you feel good about yourself, then you will feel good about those people who you come in to contact with. Others will benefit from your own sense of wellbeing.

Do Something active every day. By making the coming year one in which you are as active as you possibly can be, you will be giving yourself such a great gift. It is easy to place physical activity at the bottom of your daily list, however, the benefits are not ones to be missed. If you're feeling stressed, a good workout, run or dance session, can help to ease the physical tensions and the flow of 'happy' hormones will ease off your mental stresses. Not only will your body, but your mind will thank you for it. So what will you do to be active each and every day of 2010?

Do Something because you want to, not because you *have* to. Only do things this year that seem RIGHT to you. It is important that you don't get to the end of the year regretting having done certain things - but also remember, it is often those things we didn't do that will last longer in our memories.

Do Something new every day. What new things did you do this past year? Make a list. Consider whether you would like to repeat the experience in the coming year and make plans to do so. Then think of those things that you never got round to that you'd like to try. List them. As the year progresses, take delight in ticking them off. If you never give them a go, how will you ever know if you'll enjoy them or not?

Do Something creative every week. Like physical activity, our creative hobbies and interests often come way down in our priorities. Make a date with yourself each week to spend time doing those things that give you pleasure. Not only will you be doing things that you enjoy, the rest of your life will become easier to handle. By giving yourself those times of "smooth", the "rough" will seem less bumpy.

Do Something for nothing. Often people don't need our money, they just need our time and attention. What can you do to help someone over this coming year? It could be something as small as deciding to be pleasant to everyone you come into contact with each day, or you could volunteer for a group that needs either your physical strength or your mental acuity. Make a difference to someone else, and you will feel the difference in yourself.

And don't forget - Have a very Happy New Year!

Do enjoy this quote:

"We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make, over time, add up to big differences that we often cannot foresee"

Marian Wright Edelman (b. 1939), American writer

I do hope that this issue of **Do Something!** has inspired you to look forward to the coming year with happy intentions!

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, click 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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