

## Do Something!

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### **Pride Really Does Come Before A Fall – However, Don't Let That Stop You Being Proud Of Your Achievements!**

This newsletter comes to you from Kate Harper of Harper Coaching

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Welcome to this issue of **Do Something!** – the monthly 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**.

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Welcome to the first **Do Something!** of the New Year. I hope that January has passed by happily and successfully, and that you are looking forward to all that you can achieve and enjoy in the coming days.

My January started well, as we were looking forward to a winter holiday in Vermont, following a very happy Christmas and New Year. Preparations were underway, with last minute shopping, the packing and my own efforts in the gym to make sure I was in good physical shape for skiing.

The holiday started well, and I was able to get 5½ good days of skiing. I was so pleased with myself! The ski-fit programme my trainer had designed for me meant that I was able to cope with some pretty strenuous skiing, and I had signed up for something called 'The Mountain Experience', which involved skiing under the guidance of an expert instructor, with no more than 5 people of the same level in a group. Lucky me! I was the only one signed up! This meant I got private tuition from some pretty amazing instructors. After 3½ days having a blast, disaster struck. It was one of those freak accidents that happen, and I ended up being taken down the mountain by the fantastic Ski Patrol. The upshot of it is that I have damaged my left leg. No broken bones, but the physiotherapist I was referred to by my doctor thinks that I may have torn a muscle in my lower leg. It is early days in my treatment, but I have a feeling that my recovery will be long and careful. I fully intend to do exactly as I am told, as we would like to return to Vermont and Smugglers' Notch ([www.smuggs.com](http://www.smuggs.com)) again next winter, and I want to again feel the buzz that comes from dancing down a mountain.

This all sounds as if everything is rather a disaster. It isn't. I am able to walk – slowly – with elbow crutches, so that is positive point number one. Number two – I am suffering very little pain. It could be so much worse. I am very fortunate to work from home, so other than having to take things at a much more deliberate pace, I am still able to carry on with my usual routine (with the exception of my visits to the gym.) Positive point number three. Number four – my children are no longer small, so are able to help *me*. Number five – I am hoping that the fact that I was very fit and healthy before this happened will mean that my recovery will be made easier. (Fingers crossed!) There is also the matter of all that time I will have to spend with my leg up. This will give me time to read more, write more and generally slow down. I usually run around at a rapid rate, from here to there to there. Well, now I can use this time to do some of the things I felt I didn't have time for before. Definitely a positive number six.

Thinking about it, I am sure I could come up with many more positive points, but I think you are getting the idea. Do I regret going skiing? Not in a million years! I am still proud of what I achieved up to that point and how far I had come in just a few days. I don't get on skis very often (only once a year if I am lucky), but how I am loving it now! (Or at least I was!) So my future plans will centre on getting myself back to a good physical state, so that I can get that back. As I've said before, stuff happens. It is what we take from that stuff which is the important thing. We can dwell on the negatives and feel sorry for ourselves, or we can move on (albeit at a reduced pace, in my case!). Plans have to be adjusted, however, life still goes on and we may as well decide to go with it in a positive way. So, what has been going on in your own life that could be considered a disaster (even if only a minor one)? Considering all that has happened and how you are feeling now, can you dig deep and list all the positive aspects of your current situation? What have you learned from all that you have gone through? What do you need to do now to move forward? I wish you all the best on your journey. For those of you fortunate enough to have been having a relatively easy time, I would like you to acknowledge how good life is at the moment. Holding on to a sense of gratitude through both challenging and easier times can be really helpful.

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**Do Something** to move you towards your goals. Have you had a setback? Have things gone a bit pear-shaped, as the saying goes? Are you feeling pretty miserable about it and are you dwelling on your miseries? OK. That's fine. Have your moment of gloom. (I did. I am only human, after all!) A moment only. Now get on with it. What can you learn from what you have just experienced? How can you ensure that you don't repeat the same thing? What preparations can you make to give yourself the best chance of progress and success from now on?

**Do Something** today that you've been putting off for a while. Are you afraid of failing? Or could it be that you are secretly fearful of the responsibilities that come with success? "What if people discover that I am really a fraud - that I can't really do what they expect me to do?" These are some of the reasons that people put off doing something. Well, this might be you. However, if you continue putting

things off you are possibly missing out on so much, professionally and/or personally. It takes a touch of bravery to admit to the reasons behind your procrastination. Once you face up to them, you will be able to do something about it and move on.

(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. So you had a fall - actually or metaphorically, it doesn't matter which. It has had an impact on you and how you are feeling. Treat yourself kindly, without letting yourself spiral into endless misery. Do what you need to do to allow yourself to move on - at a pace that is appropriate to you. Seek help and support from anyone who can make a difference to how you are now. This could be medical professionals, business colleagues or networking contacts, a coach, a tradesman/woman, good friends or members of your family. Anyone who you can think of to help you ease your situation. Be your own best friend. It makes sense.

**Do Something** active every day. It is all too easy to find yourself swimming in circles when you've been swept into the sea of misery by some event that has knocked you off your feet. To make a difference you need to be active - mentally and physically. Make the choice to do what you need to do. In my case, I have chosen to put myself in the hands of the professionals and to do exactly what they ask of me when it comes to my treatment and rehabilitation. (Although I will certainly be asking questions, as required!) I have already been given exercises to do and I am doing them. Sometimes we have to just admit that other people do know more than we do about particular issues. To make this easier imagine the goal you are aiming for. In my case, I can see myself swooping down the mountains again, having fun working on my turns and practising the 360s I had begun to get the feel for.

**Do Something** because you want to, not because you *have* to. Coming back after a mishap takes gumption. Be sure you are ready and don't allow others to pressure you. Take advice, if necessary, from someone you trust. Be aware, however, that it can be challenging to take that first step. Ask yourself *honestly* if you are ready. You will know.

**Do Something** new every day. Do you need a kick-start? Have some new experiences, perhaps at a slower pace than before, and you will be able to build up your confidence, as well as find out what you enjoy - eating, drinking, doing. Doing the same thing over and over can be safe and comfortable, even if not particularly pleasurable, but we will all benefit from mixing it up every now and then!

**Do Something** creative every week. Creativity can be helpful in many ways. It can be a distraction, a way of taking your mind away from your current challenges. It can also be the means by which you find a way through. Using your creative mind may just provide you with a solution to those challenges, with a way to move

forward. I am looking forward to time (leg up) to sit and work on some creative writing projects I have wanted to get started on for a long time.

**Do Something** for nothing. Looking for the positive in each experience can be tough, that is sure. When something unexpected and unpleasant has happened, it can be all too easy to let it flood over you and wash you away in a sea of misery. However, with this attitude, you will get lost and achieve little. Give yourself a good shake (if it's not too painful!), and start looking for the positives. This may be a challenge at first, but the more you do it, the easier it becomes. Also, don't forget to give yourself credit for all that you have achieved to date. It is all too easy to forget or dismiss those in the midst of testing times. Be proud of who and what you are, of all that you have done before, and of all that you have the potential to achieve in the future. you *can* do it!

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Do enjoy this quote:

*"I don't know why it is we are in such a hurry to get up when we fall down. You might think we would lie there and rest a while."*

Max Forrester Eastman (1883-1969), American writer, editor

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I do hope that this issue of **Do Something!** has inspired you to think positively and be proud that you can!

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**

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### 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.

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Do Sign Up for my e-Course ~ "**Discovery ~ a 6 module journey to a better you**" on [www.harpercoaching.com](http://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.

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### 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](http://www.harpercoaching.com)

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