

Do Something!

January 3rd 2007 Issue 42

Forget The Resolutions! It's Time For Some SMART Thinking!

This newsletter comes to you from **Kate Harper** of Harper Coaching

e-mail kate@harpercoaching.com www.harpercoaching.com

Happy New Year and 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** .

Please make sure you put kate@harpercoaching.com on your allowed list, so that you can continue to receive this newsletter.

I only aim to send out this newsletter to those people who want to read it, so if you have received this newsletter in error, or no longer wish to subscribe, please either send me a blank e-mail to kate@harpercoaching.com with 'unsubscribe' as the subject or follow the link below.

Happy New Year to you! Remember not to waste a single day, as it cannot be relived!

New Year and making Resolutions seem to go hand in hand these days, as does breaking them almost immediately. How many people do you actually know who made a resolution and then stuck to it last year? Not many, if any at all! Well, my advice to you this year, is to forget about the Resolutions and start thinking SMART. Yes, SMART. As in setting SMART Goals. Decide what you would like to achieve this year and beyond, and then plan it. Use this week or even this month to get the foundations in place to really make something happen this time.

So what's this **SMART** stuff all about, some of you may ask? (Although I am sure that many of you already know, but just need a little reminder!) When it comes to goal-setting, we need to get it right, especially right for *us*, not necessarily for other people. Here's one way of thinking about it...

S pecific – You need to have a clear vision of *what* you want to achieve.

M easurable – How can you track that you are going in the right direction?

Achievable – Can this *really* be done, even if it will stretch and challenge you?

Realistic – Are you willing and able to work towards this goal? Is it *do-able*?

Time-Driven – What's your deadline? This gives you a clear target to aim for.

Do Something to move you towards your goals. Have you actually decided what your goals are, or are you still bumbling along feeling dissatisfied with how things are? Take time to think about where and how you want to be if you are not happy with things as they are. Use the SMART guidelines and set yourself some goals, both short and long term. Set priorities and think about what needs to happen first. Think strategies. Larger goals can be broken down into smaller goals, leading you step-by-step to success. Have daily goals (though not too many, as you really don't want to carry them over to tomorrow!) to get you used to daily action and daily achievement. And do something *every* day. If you do nothing you will change nothing.

Do Something today that you've been putting off for a while. Have you avoided thinking about what you'd like to achieve, possibly because you are rather afraid? Afraid of failure, perhaps, or even afraid of success? Take time also to consider whether the things you think you *ought* to be doing are really the things that you *want* to be doing. Are you thinking negatively? If you are, this can drag you down mentally, emotionally and physically, and stop you from moving ahead. It takes time and practice, but choose to take a positive attitude to what faces you, even if it is a challenge.

Do Something for yourself. As long as you're going to be thinking about your future and where you want to be, why not think BIG! Don't let anything limit your vision of what you want your life to be like. Some things that we thought impossible a few years back have come about through developments in all sorts of fields, such as technology, engineering, medicine and nutrition. If it is what you really want, then why not go for it!

Do Something active every day. Take time to think things through; but when the time to take action arrives, don't hold back. If your thinking time has been well spent, your path will be clear. Decide to get yourself into the best possible state, physical and mental, to tackle what needs to be done. Taking action and being active will result in progress.

Do Something because you want to, not because you *have* to. Whose goal is it anyway? If you can't change it, then choose to own it. Be committed. Make the journey towards achievement part of the excitement. Even the mundane tasks needing to be completed can become appealing when you approach them with a sense of lightness and fun. Make a game of it and give yourself a prize every time you accomplish something well. (Lose points for a sloppy job!)

Do Something new every day. What's a formula for success? Thinking + Action = Results. Is it a plain sailing as that? Of course not. Almost every day you'll be faced with something that didn't turn out quite as expected, that went wrong, or even appeared calamitous! So do something new. Learn from what went wrong and do something differently.

Do Something creative every week. Think of ways to use your creativity to help you visualize what it is you are aiming to achieve. Be aware that the language you use when writing your goals down is a very powerful thing. Use it to inspire and excite you to excel. If words aren't your thing, how about creating a visual depiction of your aspirations, using any medium you like? Even those people who consider themselves lacking in creativity are capable of putting together ideas using a large piece of card, glue and a pile of magazines and newspapers. *E-mail me, if you really have no idea of what to do next!*

Do Something for nothing. Do you believe in yourself and are you committed to doing what needs to be done to achieve what you want? Excited? A little fearful, knowing that things may go wrong, but willing to learn from the experience and develop and grow? So what now? It really is down to you. If you are going to make any Resolutions this year make only one – to be SMART in your thinking and to turn your thoughts into results with action. Remember, if you do nothing you will change nothing. Happy New Year, Susan!

Do enjoy these quotes.

Once again, I found it hard to select just one quote this week.....

"Thinking is easy, acting is difficult, and to put one's thoughts into action is the most difficult thing in the world."

Johann Wolfgang von Goethe (1749-1832), German writer

"People who say that life is not worthwhile are really saying that they themselves have no personal goals which are worthwhile. Get yourself a goal worth working for. Better still, get yourself a project. Always have something ahead of you to "look forward to" - to work for and hope for."

Maxwell Maltz, Author

"Where there is life, there is hope. Where there are hopes, there are dreams. Where there are vivid dreams repeated, they become goals. Goals become the action plans and game plans that winners dwell on in intricate detail, knowing that achievement is almost automatic when the goal becomes an inner commitment. The response to the challenges of life -- purpose -- is the healing balm that enables each of us to face up to adversity and strife."

Denis Waitley, Seeds of Greatness

I do hope that this issue of **Do Something!** has inspired you to be **SMART!**

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

If you are new to **Do Something!** please take a moment to read the following. This information will soon appear as a link to my website. (So I keep saying! This is one of *my* goals for this year!) Everyone else can just ignore it!

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, recently I have announced the launch of 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 Something to move you towards your goals. We will work together to identify what you are aiming to achieve, and then put action plans in place to get you going!

Do Something today that you've been putting off for a while. Is Procrastination one of the areas you need to work on? You may have done my mini e-Course, but perhaps you need some assistance to put those ideas into practice.

Do Something for yourself. Unless you start to concentrate on putting yourself first and valuing all that you are, you will be unable to wholeheartedly do the same for anyone else.

Do Something active every day. Daily activity not only helps to lift our spirits, but also helps to keep us fit and ready to face up to the challenges that come our way. We will examine ways in which you can add more activity into your life in ways that suits you.

Do Something because you want to, not because you *have to* . Assessing what the reasons are behind our actions can be quite an eye-opener. Are you doing things because you *want* to, or do you need to look at how you can drop, delegate or even just change your attitude towards them?

Do Something new every day . Opening our minds to new experiences and adding different activities into our lives can help to stretch and educate us, as well to add a freshness that may be lacking. You will explore what appeals to you and be encouraged to try to do something new every day!

Do Something creative every week . Which aspect of creativity is the one for you? Writing, art, music, dance, film-making, cookery, gardening, photography..... The list goes on. We will explore which creative pastime is the perfect match for you.

Do Something for nothing . This may be the hardest part. We're all very good at doing something for nothing – occasionally. How can it become a part of your life? I have no doubt that what we give out we get back manifold. Do you believe it too?

So, how does it work?

Each month for three months, we will have 4 telephone sessions, each lasting 45 minutes. These will be just between you and me. In between calls, I will provide e-mail support, as required. During each session, we will use the **Do Something!** themes to give a framework to our conversations and to provide you with a focus. Simple!

So, what's the catch?

There's no catch. If you have been thinking about doing something new, making changes in your personal and professional life, then this three month programme is for you. After each session you will be clear about what you need to do next to move you on in your goals and you will have the knowledge that someone is there to support you all the way! Just picture yourself in three month's time and what do you see? The same old, same old, or something different, a life that you have taken control of.

(This is an ongoing offer, so if the time is not right for you at the moment, but you would like to take it up in the future, that just fine. If it would help to get you going, why not drop me a note asking me to contact you at some point in the future to remind you that you were interested in **Doing Something!**)

The small print.

Your investment for the three month programme is £480, payable in advance. You may pay for this at a rate of £160 per month (approximately US\$302) . If you chose to pay the full amount I am pleased to offer a 10% discount, making the total amount £432. (approximately US\$815)

You can pay by cheque, BACs (Bank Transfer) payment, and very soon, online at www.harpercoaching.com

Please e-mail me or call me on +44 (0)1540 662196 if you would like to take up this offer or with any questions that you may have.

Don't just think about it – **Do Something!**

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 (Approximately USD 52.00/EUR 44.00).

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 click [HERE](#) or go to www.harpercoaching.com

Kate Harper is a Motivational Life 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

This newsletter has been sent to you via www.totalbusinesscart.com (this is an affiliate link).

If you have enjoyed this newsletter please share it with your friends and colleagues by forwarding it or by suggesting they subscribe at www.harpercoaching.com

©**Kate Harper 2006**. I am happy for you to reproduce the content of this newsletter providing you include full authorship, copyright, my website details and subscription information. If you have any questions please e-mail Kate Harper at kate@harpercoaching.com

I will never sell, share or otherwise divulge your contact details, including your email address, to any third party.

Kate Harper
Motivation Coach
kate@harpercoaching.com
www.harpercoaching.com