

Do Something!

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Don't Underestimate The Power Of Persistence!

This newsletter comes to you from Kate Harper of Harper Coaching

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

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 aim only to send 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 follow the link below or send me a blank e-mail to kate@harpercoaching.com with 'unsubscribe' as the subject.

The subject of persistence has come up recently, not only with clients, but in general conversation. "I know what I need to do and I start with great enthusiasm, but then that enthusiasm peters out and I stop doing what I started, although I know I *need* to do something!" So what's the answer?

What do you think? Personally, I have started many things in the past, a lot of them related to losing weight, getting fitter, going to bed earlier etc and I have fallen by the way-side. I have told myself what a dreadful person I am and turned to many of the things I'd been trying to avoid. So what's different now?

Firstly, I decided that it didn't matter if I slipped, as long as I got right back up as soon as I could and carried on. Secondly, I decided to chip away at the things I needed to do, rather than over stretch and over commit myself. My goals are the same, but my approach is different. And finally, most importantly, I decided to keep at it. So if I have a week where things don't quite go as I want, I just carry on the next week as

though I am still on track. I don't give up. I just do what I can, when I can. Instead of thinking that I have to exercise for at least an hour every day (talk about being unrealistic!), I exercise when time permits and feel great that I have done. It has taken a while, and I am still working on the same goals, but now I look at what I have achieved and I have made great progress since the start. If I had allowed myself to give up, I probably would be in a dreadful shape.

That is not to say it is easy. It isn't. However, the thing that works for me is having specific goals to aim at, as well as a long-term desire to be as fit as I possibly can be for the life I live. I do not want to be an athlete, but I do want to be able to move around easily under my own steam. I want to feel the strength in my body and I want to have the stamina to do pretty much anything for as long as I possibly can.

This can apply to any area of your life. Where and how do you want to be in 6 months time, or a year, or beyond? What exercises do *you* need to undertake to get that aspect of your life into shape? (I am not just referring to fitness here!) And if you slip a bit, don't worry. Don't make excuses either. Just commit to be persistent and keep at it.

Do Something to move you towards your goals. What do you feel you need to be doing this week? Have you started this before, but stumbled? Do you need to approach it differently? Were you trying to do too much too soon? Or maybe the time wasn't right at that moment. Can you get someone to help you, even if it's only to talk things through? Telling someone else what you are aiming to do, and when you want to achieve it by, can sometimes give you the push you need.

Do Something today that you've been putting off for a while. If you have been putting it off, have a look at what is behind the procrastination. Don't make excuses, but there may be valid reasons for your delay. Do you have all the knowledge, skills and tools that you need? Have you allocated the right amount of time for this to be done, or is it looking too overwhelming? Again, do you need to enlist some help? Once you've looked at this – get started and then be persistent. Don't wait until the time is right, the moon is blue and Mars has been colonized. If this needs to be done – do it and keep at it!

(If Procrastination is one of your challenges and you haven't already done it, click [HERE](#) - or go to www.harpercoaching.com - to sign up for my complimentary 7-day mini e-course on this subject.)

Do Something for yourself. At work or at home, there is nothing like being clear about what it is you are aiming at. What are you hoping to achieve this year? Have

you thought about it or are you always just reacting to what happens? It is possible to take some control over your life. Yes, unexpected things do happen, but most of our life is under our own influence. What would you like to do for yourself this year that would really make a difference? Let yourself dream. Then think about what the first step would be to make that dream a reality.

Do Something active every day. Persistence, persistence, persistence! And the more you persist, the more enjoyable it becomes. Instead of breaking a habit, commit to make the new habit of being active. This doesn't have to mean formal sessions at the gym, just committing to yourself that you will move your body as and when you can.

Do Something because you want to, not because you have to. What do you really, really want to do? Do you know? (Don't worry. Most people haven't worked that one out!) If you're feeling dissatisfied with what you are being expected to do, make time to think about what is behind the dissatisfaction – a bit like procrastination. Is it because you can't see where what you are doing fits into the bigger picture? Could it be that you feel that you have more to offer? Do you have skills that are being left unused? Be persistent in tracking down what is causing you to feel this way – then turn it to your advantage. What changes do you need to make to get yourself on board? Do you need to tell someone else your ideas? Do you just need to change the way you think about what you do?

Do Something new every day. New things add a freshness to your life. New ideas lead to innovation and different ways of thinking and doing things. New things don't necessarily have to be original – just new for you.

Do Something creative every week. If you are persistent, you will become creative in the way you choose to get things done. Sometimes it just takes a creative twist to catch your imagination and fire up your desire to achieve something. Use your creativity to inspire you to do what needs to be done. Choose visual images to remind you of what you aiming for and put them where you can see them.

Do Something for nothing. Commitment and Persistence. Do you *really* want things to change? Then sign up to your own future and for no money down you can take the first steps to make those changes happen. You can't buy persistence. You can only utilize it to make things happen. Persistence – a very useful device. Don't underestimate its power!

Do enjoy this quote.

"Studies indicate that the one quality all successful people have is persistence. They're willing to spend more time accomplishing a task and to persevere in the face of many difficult odds. There's a very positive relationship between people's ability to accomplish any task and the time they're willing to spend on it."

Dr. Joyce Brothers (b. 1929) American psychologist and author

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

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 .

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