

Do Something!

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Don't Worry, Be Happy!

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.**

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

I have been reading up on Happiness recently, particularly "The 100 Simple Secrets of Happy People" by David Niven, Ph.D., but it was something I read in another book that got me thinking. In "Good Question! The Art of Asking Positive Questions To Bring About Positive Change" Judy Barber refers to hearing the Dalai Lama say "Be a happy person" and thinking that we should take on being happy as an activity, as a conscious choice. With the rise of Positive Psychology and much research into happiness and its effects, I think this is not such a bad thing to do. I don't think the idea is to become inanely happy, like someone going through life pretending that dreadful things are not occurring all over the world, but to be aware of our own feelings and to head any negative or destructive emotions off at the pass before they can wreak havoc!

As Judy Barber says, "happy people get on and do things. Happy people look for the good in a situation, find a cheering word to say, or look beyond themselves to what they can do for others." This is echoed by David Niven's book, which takes the 100 Simple Secrets and backs each one up with scientific research. It is really easy to read, as he has distilled the gobbledegook into terms we can all understand, whilst providing us with the references, if we should wish to investigate further. As I read through I am noticing that there are quite a few of the things that happy people do which I do too! I am pretty pleased about that!

One of the things I have been doing this year is making a daily Gratitude List. At the end of each day, I spend a little time thinking about my day and noting down

those things I am grateful for in a little notebook. They can be really simple, such as being grateful for waking up on time or even finding a clean shirt to wear in your cupboard! I have found that as I continue to do this I am noticing more and more good things that are in my life and dwelling less on the not so good. That doesn't mean I am ignoring things that need to be done or faced up to, but when I do, I am doing it in a happier frame of mind. Today's list will be including gratitude for getting this newsletter written and also for all of you who read it! Why not give it a go yourself?

Do Something to move you towards your goals. Your attitude can affect the effectiveness of your actions. If you are half-hearted and negative about what you need to do, you are likely to be setting yourself up for failure. By choosing to approach the tasks with a can-do, positive approach, you are more likely to do a good job and move closer towards your goals. Choose to be a happy person and get on with it!

Do Something today that you've been putting off for a while. Is it your mood that has been putting you off? What needs to change to get you kick-started into action? Do you need support from someone to get going and keep going? Don't ever be afraid to ask for and accept help if you need it. I am sure that there is someone you can think of who would be happy to help.

(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. Do you want to go through life being thought of as a grumpy, unapproachable person? If you *are* grumpy what can you do to change this? It might take a while to make the shift to being more positive (not manically happy, please!), however, once you've started it will add more enjoyment to your life.

Do Something active every day. There is no doubt that those people who keep active and fit feel more positive than those who don't. The chemicals released in the brain as you exercise have something to do with it, but that is also backed up by the positive feeling of doing something active to maintain or increase your physical wellbeing. The satisfaction of putting yourself through your paces, whether on the dance floor, gym, swimming pool or on a bike lasts beyond the actual activity. Go for it!

Do Something because you want to, not because you have to. I know what I'd rather be like, don't you? However, don't let me tell you that you *have* to be a happier person when you really don't feel like it! That would probably make you even grumpier!

Do Something new every day. If you don't already do it, how about giving the Gratitude List a go. Or how about trying something new that you've wanted to do for ages? What is the

first step? Picking up the phone? Checking out something on the internet? Asking someone if you could join in with something?

Do Something creative every week. What makes you happy? If it involves doing something creative, then make a plan to include it this week and every week.

Do Something for nothing. Many people gain satisfaction and happiness from helping others, or from being involved in their community. What could *you* do to help? However, don't worry too much about being happy. We can work on the happiness, if it is something new to you. I'll be happy if you're just slightly more cheerful!

Do enjoy this quote.

"Most of us are just about as happy as we make up our minds to be."

William Adams

I do hope that this issue of **Do Something!** has inspired you to at least think about being happier!

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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