

## Do Something!

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### Planning Is Great – Just Don't Forget To Be Spontaneous!

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. And Happy Valentine's Day to those of you who celebrate it!

Please make sure you put [kate@harpercoaching.com](mailto: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](mailto:kate@harpercoaching.com) with 'unsubscribe' as the subject.**

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We plan for all sorts of things throughout our lives. I'm sure I don't need to give you any examples. Planning is involved in much of my professional life, (In goal setting. What are the steps to get to that goal? When can I make it to a networking meeting?) as well as in my home life. (When am I going to the gym this week? What activities do the children have? What am I going to feed us today?) Sometimes, however, it is just great to be spontaneous too! To do something on the spur-of-the-moment, just because it feels right, is something to welcome.

I was reading a very short snippet in a magazine today. It said studies had shown that often those decisions we make with much thought and analysis turn out to be less reliable than those made with just our natural instincts. This is due to the suppression of our intuition. I think I'll be trying to be a bit more impulsive over the next few weeks and see if I achieve any less than I would over the same period where I've planned everything out. Who knows what will happen if I follow my gut feeling rather than my head? What are you like? Do you like to have your life mapped out ahead of you? Or do you allow yourself some spontaneity as well? Try the impulsive approach for a while and let me know how you get on!

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**Do Something** to move you towards your goals. Planning goals and the steps to achieve them is an important way to make them happen. However, just for once, listen to what your natural instincts are telling you. They may be revealing that the goals you are working towards are not really ones that you feel passionate about! Are your goals in line with your values and beliefs? Perhaps this a good opportunity to reflect on this and readjust your goals?

**Do Something** today that you've been putting off for a while. Follow what your intuition is telling you. Is what you are avoiding something that you really have no desire to do? If so, how can you work around that? Can you pass the task on to someone else, or is there something else you can do to make it easier? Listen to yourself and trust your own judgement.

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

**Do Something** for yourself. Be impulsive! Instead of thinking too hard about things, just go with it. Deep down you really *do* know what is best for you.

**Do Something** active every day. Listen to your body. What bit do you need to move today? Is your neck and back aching from sitting too long in front of a computer screen? Get up and do some stretching. Do you need to move your legs a bit? Do you feel like dancing? Swimming? Climbing? Go for it!

**Do Something** because you want to, not because you have to. Your instincts will guide you here. Listen to them. Act on them.

**Do Something** new every day. Opportunities to be spontaneous will arrive every day. It is up to you to act on them. Don't be afraid of trying something new. You may surprise yourself! Remember the old saying that if you carry on doing the same things in the same way, you'll get the same results? Well, if things are working, that's well and good. However, if things aren't working, then perhaps a new approach is required.

**Do Something** creative every week. Have you ever tried flinging different paint colours on a large piece of paper? No, neither have I. It just popped into my mind as an extremely spontaneous way to be creative. A little bit scary for someone like me (and possibly someone like you) who likes to plan out my creative activities. I think I might just give it a go! What pops into your head that you usually dismiss? Why not try it? You may be pleasantly surprised!

**Do Something** for nothing. Being spontaneous in our generosity and helpfulness to others can be extremely rewarding. I like the concept of 'Random Acts of Kindness', where, without any pre-planning, you do something nice for someone without any thought of thanks or reward. For example, paying for the driver behind you at the toll booth, or paying for someone's coffee just as you are about to leave the coffee shop. I am sure that you can think of your own ways of being spontaneously kind and if someone does something similar to you, how about passing it on?

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**Do** enjoy this quote.

*"All growth is a leap in the dark, a spontaneous, unpremeditated act without benefit of experience."*

*Henry Miller, American Author and Writer, 1891-1980*

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I do hope that this issue of **Do Something!** has inspired you to embrace spontaneity!

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 you can sign up for 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.

Click [HERE](#) for details.

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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 (Approximately USD 52.00/EUR 44.00).

If you would like to know more, please click [HERE](#).

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

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