

## Do Something!

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### Double Your Achievements By Lightening the Load

This newsletter comes to you from Kate Harper of Harper Coaching

e-mail [kate@harpercoaching.com](mailto:kate@harpercoaching.com)    [www.harpercoaching.com](http://www.harpercoaching.com)

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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](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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How lucky am I? Over the last couple of weeks, I have been spending time with various groups of people sharing in very positive experiences. This included a conference in Inverness to celebrate International Women’s Day, presenting a session for the Inverness Women@Work group on Motivation (see [here](#)), co-ordinating a very interesting session for our local Badenoch & Strathspey W@W group here in Kingussie on Body Awareness, run by my good friend Kate Williams Mackenzie (see [here](#)), as well as getting together with some other coaches in Edinburgh last Saturday, where we shared tips and tools to use with our clients.

What has struck me is the willingness to share that so many of these people and groups have in common. It is like a light shining through the darkness shed by so many negative reports of how so few people consider anyone other than themselves, and how a sense of community is lacking etc. I happen to disagree with most of what I read, as I know from experience that that spirit is *not* lacking and if we give it a chance by sharing and collaborating, whether professionally or personally, it can bring us so many rewards.

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**Do Something** to move you towards your goals. As the song goes, “Who ya gonna call?” Who do you know who could help you? (Ghostbusters!) Or even who do you know who might know someone else who could help you? Just making that one call could make all the difference to your success. Could you make progress yourself by offering your knowledge and experience to someone else?

**Do Something** today that you’ve been putting off for a while. Have you been putting it off because you need some more information? Or do you need someone else’s input or skills to get things going? Most people would be flattered to be asked to help, so don’t put things off any longer. You may be denying them the pleasure of contributing!

(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. By cooperating and collaborating with someone else, not only are the rewards increased, but the load is lightened. You can share almost everything - a smile, some knowledge, a task – and by doing so you will also be opening yourself up to receiving more of the same. Try giving out as many smiles as possible this week and see how good you feel when they are returned!

**Do Something** active every day. Why not consider joining up with someone else to do something active? You could join a class, go running with a buddy or even sign up with a personal trainer. It will help you to keep your motivation going, and on those days where you don’t feel like it, they can encourage you and you can do the same for them.

**Do Something** because you want to, not because you have to. So many things are more pleasant when they are shared. If we have committed to do something to someone else, we are more likely to carry it through. Just make sure that what you have said you will do is what you *really* want to do, as you could let others down, as well as yourself. If you are unsure, you can always ask for help.

**Do Something** new every day. What new thing can you get involved in today? Who needs your help and contribution? Seek out new opportunities to join forces with others and play a part in the creation of something innovative.

**Do Something** creative every week. This brings to mind those wonderful people who get together to create something as a group. The women who stitch quilts, the children who decorate their school playgrounds with fabulous murals, a creative writing group and of course any group who creates music together! The possibilities are endless. Of course, there is nothing wrong with expressing your creativity on your own, but together you can produce something with a different dimension.

**Do Something** for nothing. As well as asking for help, how about offering it? You will have plenty to contribute if you only just think about it. So many groups are seeking volunteers, so you could make all the difference to them if you are willing to share your knowledge, skills and time. What you have gains so much in value when you are able to share it with others.

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**Do** enjoy this quote.

I grew up watching Star Trek – wobbly sets and all. This one's for you, Dad!

*"The miracle is this - the more we share, the more we have."*

*Leonard Nimoy, American actor, "Star Trek"*

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I do hope that this issue of **Do Something!** has inspired you to seek out opportunities to share and collaborate!

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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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](mailto:kate@harpercoaching.com) or see [www.harpercoaching.com](http://www.harpercoaching.com) .

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