

Do Something!

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Is Fear Getting In The Way Of Your Success?

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 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.

I can't believe that this is my 50th **Do Something!** I remember that when I first started I was asked if I thought I could keep it up for any length of time. I think that the fact that I am now writing number 50 answers that one! For those of you who have been with me since the beginning, **“Thank You”** and for those of you who have just joined us, **“Welcome”** - and here's to the next 50!

It is good to look back and see how much I have learnt from the process of creating this newsletter. When I first started it was a simple document sent out manually to a list I updated myself. I don't think I had an online sign-up for it then, as my website was in its infancy too. Now I still create a simple document, however, the next bit is ever so much more technical and automated which takes away from me the onus of maintaining a subscriber list and also always getting it out on the day, as I now have the facility to schedule it in advance. There is also the matter of maintaining adequate records to confirm that I am sending stuff out to people who actually want it (anti-spamming and all that!), which I thoroughly support, although it is a bit of a faff. (A particularly British word which means to ‘dither’ or ‘fuss’.)

Now, before your eyes glaze over and you press the ‘delete’ button, I will get to the point. That being, when I started, I had no idea how **Do Something!** would develop. All I knew was that I wanted to write a newsletter to get people thinking and then, hopefully, taking

action. From the many responses I have had to the newsletters from the start, I seem to have achieved that for many of you. However, not knowing what would happen didn't stop me from starting.

Have you ever avoided starting something because you weren't certain how things would develop? Did the fear of what might go wrong make you ignore the things that could have gone right? Do you still think "if only...."? It's important that you do as much to prepare yourself for a new venture, looking into the possible risks and planning how you will work around those, however, it is also important that you don't let this process turn you off. Sometimes we look at the things that may go wrong and decide we can't face up to them. Is that really true? If the risks far outweigh the rewards, then, yes, perhaps, we are wise to say "This is not for me". However, we also can become so risk-averse and fearful of things going wrong that we become paralysed and in the end do nothing. please don't go through your life saying "If only"

Do Something to move you towards your goals. Sometimes just taking the first step is the only way to get going. Thinking about something for too long can sometimes create a feeling of paralysis. What is the first thing you can do today to get going? Do it!

Do Something today that you've been putting off for a while. Have you been thinking about starting something new for a while, but have been feeling fearful? There is the saying that FEAR is 'False Evidence Appearing Real'. Is that something that you need to think about? What is it that you actually fear? What is the worst thing that could happen? Could you handle it? And even better, what is the best thing that could happen? Could you handle that too? Do you fear failure or do you fear success?

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

Do Something for yourself. It's that old deathbed scene replayed..... Looking back over your very long life and what do you see? Do you see a life full of variety and excitement, with challenges that were faced up to and many unexpected things spicing it up? Or do you see a life that contained little in the way of peaks and troughs, but was safe? Which one do you want? If you want the latter one, that is all well and good, if only there are no regrets when you look back over that life. Was there someone you liked, but were too nervous to say hello to? Did you miss a business opportunity because of hesitation and then someone else turned into a success? Sometimes we become stronger from having to deal with the unexpected and the challenging.

Do Something active every day. Facing up to our fears and exposing ourselves to them in a safe way can help us to overcome them. There are many programmes on offer to help you face up to your fears and phobias, such as of spiders and flying. As I understand it, they first educate you about what it is you fear; then they gently bring you face to face with them; finally getting you to confront them head-on. If you know what it is that you fear, how about doing just that in an active way? Find out all you can about what it is you fear, then begin to take those first steps to deal with that fear. Seek help if necessary.

Do Something because you want to, not because you *have* to. This is all about dealing with fears that are getting in *your* way. If someone else tells you to *get over it* because they want you to do something for them, then it takes on a different slant. Facing up to fears can be tricky unless you are completely committed to the process. If, however, you do want to tackle the problem, then seek all the help and support you can get.

Do Something new every day. What would you like to try today that you haven't done before? Thinking through the 'what is the worst thing that could happen' question can help you plan your actions and responses. Choose something small, if that is what you think you can manage – or you can just go for it!

Do Something creative every week. Do you avoid doing something creative because you are afraid of making a fool of yourself? Think about it this way – if you try something out and find that you're rubbish at it but you still enjoy doing it, what is more important? The pleasure you get from doing it or the fear of ridicule for what you produce? So what if you can't quite get it right straight away? Most people, even if they went on to make a career from the creative arts, had to go through that period of learning and re-learning and trying again. If you enjoy the experience of doing it, and that is the reason you do it, then I say again "Do it, and have fun!"

Do Something for nothing. Fear is costing you plenty. It can hold you back from experiencing so many great things and also could mean that that brilliant idea you have will never be allowed to blossom and grow into that fantastic business or book or invention or way of doing things. The world could be missing out on so much because you are being confined to what is safe! Breaking through that barrier of fear could be just what you need to make these ideas reality. It's OK to be anxious, however, if that anxiety takes over and stops you doing something, then it is time to say 'STOP' to it! Don't let fear stand in the way of your success.

Do enjoy this quote.

"The meaning I picked, the one that changed my life: Overcome fear, behold wonder."

Æschylus (525-456 BC) Greek tragic dramatist

I do hope that this issue of **Do Something!** has inspired you to face up to your fears and do something to overcome them!

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

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 I can offer you 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. For details click [HERE](#)

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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