

Do Something!

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A Spotlight On Commitment

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 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.

I was at Boxercise this evening. It is a fabulous way to get and keep fit, and also to work out any frustrations you might be carrying around with you. It is also fun! However, it is not for the faint-hearted. All of the people who come along and keep on coming really put the effort in. We work on getting the techniques right, with punches and kicks, as well as on our general fitness with abdominal exercises, press-ups and other exercises. What is more, we are all different shapes and sizes, at different levels of fitness, but that doesn't seem to matter. There is a common bond between us, resulting in lots of sweat and lots of laughter.

It made me think about commitment. Especially about how committed we are to everything we do. I am committed to giving the best possible service to my clients, because I feel passionately about their hopes and dreams and aspirations, almost as if they were my own. I am also committed wholeheartedly to my family. One of the aspects of that is being determined to be as fit and well as I can be, so that I can take care of them, so I take my wellbeing very seriously.

Sometimes it is easy to say, "I really want to do that", but the words aren't backed up by effort. What could be the reasons behind this? Maybe we don't *really* want to achieve the thing we have said we want, perhaps because we only said it to please someone else, or even because at the time we truly believed it *was* what we wanted. It could be that we did want it, but we have now changed our minds, realizing that it wasn't really for us. What do you want to achieve? Do you *really* want to achieve it? If you do, then it's time to put your

commitment under the spotlight.

Do Something **to move you towards your goal**. Just by committing yourself to what you want to achieve you are more likely to pull it off. Someone who is less than enthusiastic about a task will never put everything they have into it. You need to be dedicated. You will probably need to invest time and effort, as well as have unswerving focus. Take some action, even if it is only the first step. Where do you need to concentrate your attention? Are you clear about your aims? What is your target? Is it your sights?

Do Something today that you've been putting off for a while. One of the things that can stop us from getting started is fear. Fear of trying, fear of failing, fear of success or fear of the unknown. Well, let me tell you, many people feel the same way. You are not alone. And knowing that, do you feel better? I hope so. So go on, do 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. What gets you excited? What fills you with passion? What have you always dreamed of doing? Make a promise to yourself. Pledge to do the best you can for yourself and to put the effort in. Don't let yourself down.

Do Something **active every day**. Don't wait for things to happen *to* you. Get active and make things happen for you! If you need to work on your fitness, it won't improve unless you put the effort in. Application brings results, whether it is at work or elsewhere.

Do Something **because you want to, not because you have to**. If you really, really want to do something, you will be more tenacious, more committed. Insist on being engaged, mentally and physically to all that you do, even if it means changing the way you think about it.

Do Something new every day. Grab any opportunity that comes your way, . Take risks. Just by becoming more aware you'll notice new openings. Go for it!

Do Something **creative every week**. How can you focus your creative energy to assist you? Become a performer. Act with assurance. Act with commitment and zeal. It will soon become part of your make-up and you'll no longer need to act the part.

Do Something **for nothing**. Concentration and single-mindedness, along with persistence are what are required from now on. Focus your attention and energy where it is needed. Persevere. Hang on in there! Are you dedicated to your own success? Be determined. If things go awry, keep on going, even if it needs to be in another direction. What can you learn from the experience? Turn on the spotlight, , and commit yourself to your future success.

Do enjoy this quote.

"The relationship between commitment and doubt is by no means an antagonistic one. Commitment is healthiest when it's not without doubt but in spite of doubt."

Rollo May

I do hope that this issue of **Do Something!** has inspired you to commit yourself to your future success!

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 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.

Do Sign Up for my e-Course ~ "Discovery ~ a 6 module journey to a better you" -

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).

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 go to www.harpercoaching.com

Kate Harper is a Motivation & Wellbeing 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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