

Do Something!

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Don't Look Back And Say "If Only I'd...."

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 (Happy 4th of July!!!), 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 am the kind of person who has more than one book on the go. The subject matter ranges from philosophy to poetry, from personal development to nutrition, with a splash of psychology thrown in for good measure. If I am reading fiction, however, I tend to read a book through from cover to cover and don't want to do much else, so I save that delight for high days and holidays.

I have just finished a really interesting book "Stumbling On Happiness" by Daniel Gilbert, a Psychology Professor at Harvard University. Many of the books I have purchased recently have "Happiness" in the title, however this one is rather different, as it doesn't tell us *how* to be happy, but rather examines how we *stop* ourselves from being happier than we could be. One thing that particularly stuck in my mind was Professor Gilbert's assertion, backed up by various studies, that people across the board seem to have more regrets about *not* having done things than about things they did. I have thought this to be true for a long while, so it is good to see my beliefs backed up by some evidence.

So, what are you regretting not having done? Can you make a plan to do it, or has the chance been lost? Sometimes, if we want it enough, we will make it happen. What would you like to do that you can see yourself saying "If only I'd..." if you don't at least attempt it? What is getting in your way? It could be that the thing getting in your way – is you!

Do Something to move you towards your goals. What do you need to do today to get the ball rolling? Do you need to just get the paperwork out, or make a phone call? You may look at what you want to achieve as being too big or too far off in the future. You'll never be able to make it happen if you don't actually take the first step or make the first move. Go on! Get started today!

Do Something today that you've been putting off for a while. If you think that you'll look back and regret not doing it, then now is the time to work out what is behind the procrastination. If it is because you have no interest in it whatsoever, now is the time to find someone who would be interested or to decide to ditch it altogether (obviously this will have to be negotiated with whoever gave the task to you!). Is it really worth wasting any more emotional energy on?

(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's your big dream? (You *are* allowed more than one!) One of mine is to do a University degree in Nutrition. I have taken the first steps to do that by enrolling at college from September to do some Highers (Scottish Educational qualifications) in Biology and Chemistry. Once I pass those, I can take the next step to the degree. It will be a challenge, (it is a *long* time since I was at school!) however, it is one of my "If only I'd..." What's yours?

Do Something active every day. Don't allow inactivity to lead to health problems. There are so many ways you can include it in your life. Think of it as an investment in your future wellbeing and explore all the possibilities until you find the activity for you. And don't forget your mental health. Keeping your brain active with crosswords, number puzzles etc has been shown to keep your mind agile well into advanced age.

Do Something because you want to, not because you *have* to. Some things we regret doing because we did them although we didn't want to. Before taking something on, think very hard if it is one of those things. Don't say "Yes" immediately. Allow yourself time to think it through and to discuss any concerns you have. If necessary, say "I am not sure. I'll think about it and then give you my answer by...". You'll be more in control of your response.

Do Something new every day. In Professor Gilbert's book he looks at how even if we do things and they go wrong, we are more able to deal with the results and get on with life in spite of it, even quite devastating events. So, try something new. If it doesn't go to plan, you'll be fine and you'll possibly even find out ways *not* to do something!

Do Something creative every week. Don't be the person who regrets *not* picking up the paintbrush, the musical instrument, the pen or pursuing your dream of learning to dance a certain way. Whatever creative pursuit you want to explore don't be put off by the fact that it might not work out. You'll never know until you try!

Do Something for nothing. Making the decision to take the first steps to try out something that might not go to plan takes a good deal of guts – not money. It is emotions and fear that

we expend when contemplating embarking on a journey into the unknown. What we do know, because there are so many good examples of people who have faced dire experiences and won through, is that whatever life throws at us, we will be able to deal with it – if we decide to. Don't be one of those people who end their lives saying "If only I'd...". Be one of those who say "My goodness, that was an interesting life!"

Do enjoy this quote.

"I want to live my life so that my nights are not full of regrets."

D.H. Lawrence (1885-1930) British writer

I do hope that this issue of **Do Something!** has inspired you to live life to the full and be prepared to face up to everything that comes your way!

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.

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 go to www.harpercoaching.com

Kate Harper is a Motivation and 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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