

Do Something!

August 1st 2007 Issue 57

Ready To Feel Rather Uncomfortable?

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 often come across the phrase "to step out of my comfort zone"; usually in the context of someone revealing that they are not really keen to do it! To be honest, neither am I.

What does the phrase conjure up for you? A feeling of dread, or of a challenge to be confronted. Sometimes we acknowledge that the comfort zone we are already in isn't actually very comfortable at all; however it is *our* comfort zone, so we'll stick in it like we would in a puddle of mud!

So what is *your* comfort zone? You may even have more than one. Do you need to challenge yourself to take that step out, however scary or challenging it may be? Are you ready to feel rather uncomfortable?

Do Something to move you towards your goals. Take a chance. If you are someone who considers every option and examines every detail before acting, then

perhaps you need to start listening to your instincts and take a leap of faith. Trust yourself enough to know that you are doing the right thing – and if it doesn't quite work out, what can you take from the experience to propel you forward?

Do Something today that you've been putting off for a while. Is fear of the unknown holding you back? Don't worry. Think of FEAR as False Evidence Appearing Real. The worst thing you'll probably find is another muddy puddle to sink into!

(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. It's time to develop and grow. Take the opportunity to deliberately seek out new experiences and take the time to engage in conversation with new people. There is much to learn from such encounters, as well as being a chance to share your own knowledge and skills.

Do Something active every day. STRETCH! Yourself and your mind. Keep both your body and your brain functioning at their best by exercising both. Take it to the next level. So many people get stuck in physical and mental ruts, usually because they are afraid to push themselves that little bit more. Seek out opportunities to stimulate yourself mentally and, if possible, sign up with a physical trainer who will assess your abilities and then set you targets that they *know* you can reach. It's great to have someone sure that you are capable of giving that little bit more!

Do Something because you want to, not because you have to. Challenge the beliefs that you carry that are holding you back. Are they yours or someone else's? Do they support you or do they instil doubt in you? Choose to do things with total commitment and involvement, and you are more likely to push the boundaries that you and others have marked out.

Do Something new every day. Innovation would never take place if we all remained within our comfort zones. We'd all be doing the same things over and over and things would never improve. Let your inventive thoughts fly and start to see how you can do things in better and more efficient ways.

Do Something creative every week. Take the opportunity to try out something that you've wanted to do for a while. You may be unfamiliar with a particular creative activity, but intrigued by it. Explore the possibilities. Immerse yourself in music, drama, writing, dance, or whatever has caught your fancy. Step into a new zone.

Do Something for nothing. We are so adaptable. Through the ages we have adjusted our lives and even our bodies to the conditions around us. We have discovered how to harness electricity. We have created machines to transport us from place to place and we now have the means to communicate across the air via wireless

technology. Wow! However, none of this would have been able to happen if no one had been prepared to step out of his or her comfort zone and take a chance. Even if the discomfort is only slight to begin with, are you now ready to feel rather uncomfortable?

Do enjoy this quote.

"If we're growing, we're always going to be out of our comfort zone."

John Maxwell – American Author and Motivational Speaker

I do hope that this issue of **Do Something!** has inspired you to push your limits and seek new opportunities for growth!

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" 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 60.00/EUR 44.00).

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

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 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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