

Do Something!

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The Pleasures Or Otherwise of Forward Planning

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** .

You nearly didn't get this! My forward planning was great, however my execution was somewhat shaky! (Very wobbly actually!) You see, as you read this, I am in Florida visiting my Dad and leaving my household in the capable hands of my mother and husband. I am hopeful that finally, after a very miserable, cold summer in Scotland, I will be able to warm my core and my skin, without accompanying hurricanes!

Oh, the pleasures of planning a trip like this! The decisions that need to be made about dates, flights, accommodation and what to do while there. I am going with someone who has never visited the USA before, so I have also started to absorb some of their excitement (we fly out tomorrow morning). I have a document that shows where we will be and what we'll be doing every day, so that everyone is clear and soon it will become reality, rather than words on a piece of paper. Not only this, there has been the organization of the household and my clients (arranging appointments around my holiday) and also the fact that I shall also be starting a college course when I return. All in all I feel rather like I now need a holiday!

It got me thinking about how important it is to plan out so many things in life – professionally, as well as personally, ensuring that we have a clear idea of where we are going, what needs to be done and who needs to do it. Without that we could be stumbling about in the dark. I was also thinking that while this is important, how nice it would be to sometimes just go with our instincts and just be spontaneous every so often – in a planned-out sort of way of course!

Do Something to move you towards your goals. Planning is an essential part of the process. It is vital to understand what you are aiming to achieve and what needs to be done to get it done. Plans can be changed, however, so don't be afraid of having a review and making sure

that what you're planning is actually going to lead you to where you want to be. You don't want to put in loads of effort and find you've gone totally in the wrong direction, do you?

Do Something today that you've been putting off for a while. As I said, planning is useful. What is not useful is spending all your time planning and none of it 'doing'! I have come across quite a few people who use planning as the reason for having no time to get going. Sometimes, we just have to get going and see what comes up along the way

(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. If you do like planning ahead, how about planning in something for yourself each day? It could be planning to get up a little bit earlier to do something that you don't usually have time for. It could be arranging to meet someone you haven't seen for a while. We often are rushing through the day so forget to give ourselves that moment that we need to refresh.

Do Something active every day. It is easy to put physical activities to one side when you are really busy, however, there is no doubt that you will benefit both mentally and physically, if you can plan in some form every day, even if it is only for a short while. The effects are cumulative; so a few minutes here and there will soon build up.

Do Something because you want to, not because you *have* to. Planning ahead will allow you to take control of what you do and when you do it, as well as giving you the chance to actually decide whether you really want to do it!

Do Something new every day. What new thing are you going to put into your diary today? Choose something that will either move you forward or give you immense pleasure.

Do Something creative every week. Like the physical stuff, the creative often gets swept aside when we are overwhelmed. Schedule in time to indulge in what makes you feel good.

Do Something for nothing. Planning is very useful exercise; however, don't get tied up in the process. It could cost you in achievement, as in itself; it doesn't actually get anything done!

Do enjoy this quote.

I have seen this and heard this so many times, however, I am not sure who originally coined the phrase:

“If you fail to plan, you plan to fail.”

I do hope that this issue of **Do Something!** has inspired you to plan and then execute some great ideas!

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 60.00/EUR 44.00).

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