

Linda Orchard

From: "Linda Orchard" <linda@safetynet4u.co.uk>
To: <contactlinda@talktalk.net>
Sent: 08 January 2008 12:40
Subject: Key Strategies for Your Success This Year from Safety Net Development Coaching



Reach for the Stars

Your 'change for the better' newsletter from Safety Net Development

PERSONAL SUCCESS FOR PROFESSIONAL PEOPLE

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[The Strategic Approach to Achieve Your New Year Goals](#)
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Issue: 15
Reading time:
approx 3 and a 1/2 minutes

January 2008

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Dear Friend,
Happy New Year

You'll see we've introduced a new format for your newsletter which makes it easier for you to skip to the part you want to read now and fortunately, quick links to the [website](#) are available too for speed and ease.

This first issue for 2008 is full of strategies to help you make your next 12 months excellent. Let it strike a chord with you and leave you full of motivation, renewed confidence and open to all the new opportunities you deserve.

Right now, I'm looking for contributions from readers like yourself to share your personal and professional secrets of success. Watch out for these soon and contact me if you have some to include.

If you run your own business, I'll put a link to your website right alongside your words of wisdom :)

2008 - Here we come!

TAKE A MORE STRATEGIC APPROACH TO ACHIEVING YOUR GOALS THIS YEAR



**ENSURE SUCCESS BY ADOPTING THIS
CLEVER STRATEGY - THE TRICK IS TO KNOW WHY
YOU WANT WHAT YOU WANT!**

Now you're focusing on 2008, you'll find it helpful to examine in more detail, exactly *why* you want to achieve the goals you have in mind. Most people say, 'I just want it', but **what is your *real* motivation and is it sufficient to keep you going through the Spring and beyond?**

If you are intending to get more new clients, create better relationships or drop a few pounds this year, you need to *act this month*.

You might be looking for a career driven change, to give up chocolate or smoking, achieve a better work/life balance or increase your personal sales targets, and understanding the deeper thoughts behind your aims can **stop you from self-sabotaging** your best efforts and **help you succeed where you may have failed before**.

To do this successfully, match each of your 2008 goals with the category which seems the most appropriate, below.

And be honest!

Are your goals:

- **'Should' goals** - the things you feel you *ought* to do.

- **'Next step' goals** - the most 'sensible' thing to aim for which seems to follow on logically from where you are now. How much do you truthfully want these things?
- **'Deja-vu' goals** - the ones you try every year and normally give up on by February. If so, what have you previously allowed to get in your way? What can you do differently this year to stop that from happening?
- **'Someone else's' goals** - the things you pretend you want, but are really only doing because other people want or expect you to. Are you under pressure from partners, managers or even parents?
- **'Fairy godmother' goals** - these are what you'd ask for if you could have anything in the world with the wave of a magic wand. The things you daydream about. If you could have these in the real world, would you still want them? What would be the actual consequences? If you had it already, what else would you want?
- **'Naughty' goals** - the things you do actually want to do or have, but feel guilty about, because you think you shouldn't. If you weren't busy feeling, "I shouldn't want that", what would you really want?
- **'If only' goals** - the things that you normally follow immediately with 'but I can't' or 'but I could never'. You don't actually believe this is possible for you. Now think - what if you did believe it was possible? How much more motivated do you feel now to have a go?
- **'Wow!' goals** - the ones that put a big smile on your face when you think about them and you can already feel the sense of achievement you'll enjoy when you get there. Need I say more?

Once you've allocated one of these types to each of your personal or professional goals, it should be fairly easy to guess which ones you really feel motivated to achieve, and which ones are *already* destined not to happen.

If you want help getting motivated, get in touch NOW! I can help you. Email me at contactlinda@talktalk.net , phone 0845 644 4634 or [check out our website](#).

Are you already on the right path, or do the goals you've set yourself for 2008 or the approach you're using, need modifying to ensure your success this year?

'K' is for the KEYS TO SUCCESS 2008

Here's what you need to know

- **Choose your goals VERY carefully.** Make sure they are SMART (Specific, Measureable, Achievable, Realistic and Time Bound) AND ensure they thrill you enough to keep you motivated.
- **Do something** about them. Don't wait for the right time or until the circumstances are perfect. You'll wait forever.
- **Get real.** Be true to yourself, use your talents and be in an environment you can thrive on. Mix with people who make you feel great.
- **Enjoy your job.** Take steps to change it if you don't, and NEVER think it's too late.
- **Develop a 'Can-Do' attitude.** Concentrate on what is possible rather than what's not.
- **Put fun in your life.** If you find yourself forced to admit you've forgotten how :--(and believe me, this is pretty common, make this a priority. Ask for help if you need it. An hours personal coaching will get you right back on track. Phone 0845 644 4634 or email contactlinda@talktalk.net
- **Don't compare yourself to others.** We are all fallible human beings. All individuals. All completely different. Allow yourself to shine for who you are.
- **Listen to people completely,** instead of concentrating on what *you* are going to say next.
- **Take responsibility** for yourself and your actions. You ALWAYS have a choice. It may not be as easy as blaming others or your current circumstances but it *will* give you much more power to make the changes you desire.
- **Be a little braver.** *You* know what that means to you.



- **Find 'delight' at the end of the tunnel!**
AND allow yourself to notice it when it presents itself to you.
- **Be prepared to make mistakes** - you'll learn faster

• **AND YOUR QUOTE FOR THE YEAR :**

"The smallest deed is better than the greatest intention"



Have you got that feeling that life and work is going OK, but you know that it really could and should be better, if only ... ?

What's the one thing that you'd like to change?

**Every day we help ensure
*personal success for professional people***

If what *you* want seems unreachable, right at the top of the staircase whilst you're stuck at the bottom, I can provide you with the focus, confidence and motivation you need *and* give you all the necessary tools to run up those stairs and reach that goal.

**Phone 0845 644 4634 or email
contactlinda@talktalk.net . Are you going to do it now or later?**

See you next month

Linda

This issue is dedicated to the memory Ian Llewellyn who saw just the first few days of this year.

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