

Linda Orchard

From: "Linda Orchard - Safety Net Development Coaching" <linda@safetynet4u.co.uk>
To: <contactlinda@talktalk.net>
Sent: 04 December 2007 11:46
Subject: "J" is for Joy. How to create more in your life and work.

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December 07
Issue 14

REACH FOR THE STARS

Your 'Change for the Better' Newsletter from Safety Net Development Coaching

Dear Friend,

IN THIS ISSUE

- 'J' is for Joy - how to create more for yourself *and* other people
- Good News
- Quote of the Month
- In next months issue

This issue will take less than 3 minutes to read.

Read. Enjoy. Consider. Take Action.

'J' IS FOR JOY - HOW TO CREATE MORE

Find out how creating more JOY in your life is a habit you can easily get into

Be happier personally and professionally



Most people would like to be happier than they already are. And when you have more joy in your life, it makes a difference, doesn't it? So just how do you go about creating it?

This Christmas, you can give this gift to yourself AND those around you by simply noticing the good stuff when it happens. If you're out of practice, now is a great time to start again, ready for next year.

For example, when you're doing your Christmas shopping, notice when you bag a bargain instead of moaning about the queues. Notice anything you can that's good, and I mean *ANYTHING*, particularly the small things we take for granted.

So, notice when your computer is working well, with no glitches. Notice the fact that you have people to send Christmas cards to, instead of moaning about the postage or the stress of getting them all written, and be glad you have lived another year on this amazing planet.

Notice perhaps that you are still in business, or acknowledge what you *HAVE* achieved this year rather than what didn't go so well. If you're not thrilled with your life or your job at the moment, make a decision to find just a little something to be grateful for. If you're struggling with this, as many people do today, you are not alone. Try this experiment.

Give your life a mark out of 10 for how good it is today. Even if you only give it 2 out of 10, that means there is something stopping it from only being a 1, isn't there? That's your starting point.

Then take a few moments to make a list of what you could do in the coming year to take responsibility for pushing the number up.

Ask yourself if you are giving 100% effort and enthusiasm to what you're doing. If not, muster up all the 'oomph' you have left and whilst you are doing a particular task, put 100% in to it. You will find you complete it faster and will genuinely enjoy it more, knowing you are doing the best you can.

The best part of this is that when you are relaxing and taking time out for yourself, you should put 100% into this too. No need to feel guilty or stressed about other tasks. Concentrate fully on what you are doing at work *and* play.

When you're feeling stretched and stressed, notice when

people still bother say thank you or sorry, and make sure you take time to do the same, to brighten their day too.

Notice all of this and move into 2008 with an open heart and new hope for the future. In life, in love and in business.

And remember, ALWAYS say thank you to the parking space angel in Milton Keynes (or in your nearest Christmas shopping 'pleasure' zone) when you find an empty space with your name on it!

GOOD NEWS

New qualification means improved service for you
Forgive me taking up space with an announcement of my own. It's here because I thought you'd want to know that something else is now available to you.

Having recently qualified as a Master Practitioner of NLP, I'm really looking forward now to doing more phobia cure work, and helping you when you want a real boost in your confidence levels, motivation *and* you want to add tangible value to your life. I'm now in possession of some of the most fantastic tools imaginable to create change for the better and I'd like to share them with you now.

Contact me on 0845 644 4634 if you'd like to know more about how you could benefit from the new service.

"QUOTES OF THE MONTH"

This month's quote is from J M Barrie



"The secret of being happy is not doing what one likes, but liking what one does."

When you apply the 100% rule, you can decide to enjoy what you are doing right now, act as if it is what you would truly choose to be doing and enjoy the amazing sense of satisfaction that occurs. You should notice the contrast, compared to how you feel when you are doing something under sufferance and your mind is elsewhere. Why not give it a go? There is nothing to lose.

Next month, 'K' is for Keys to Success. Discover strategies that create dramatic change for the

better

The January issue will be in your inbox on Tuesday 8th Jan 2008

This could be YOUR Year.



Forward your newsletter on to your friends and colleagues and catch up with any you may have missed at

www.coachingistheanswer.com/freeresources

Warm wishes

Linda

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