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****REACH FOR THE STARS****

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

Dear Friend,

**This issue will take
approximately 5 minutes to
read. If you don't have 5
minutes now, why not print it
off, or email it to yourself at
home so you can read it later?**

**Remember you can now access
back issues on the Free
Resources page of our website.
Just [click here](#)**

IN THIS ISSUE

- **How to ... Bust Your Bad Habits For Good**
- **Time Saving Tips plus get your own free time saving fact sheet**
- **Quotes of the Month**
- **Celebrate our first birthday with 10% discount**

'H' IS FOR HABITS - THE SECRET TO BUSTING YOUR BAD ONES

The story within this article was written by Michael Neill. You can read more of his useful and really entertaining work in his book, "You Can Have What You Want"

If you 've tried and failed to change a bad habit, read on ...



If you, like some of my clients, constantly struggle to get your accounts or your admin done on time, or you always just manage to scrape into meetings but would actually prefer to arrive early, feeling prepared and composed, then you have got yourself a classic

a bad habit.

Maybe, on the other hand your habit is biting those nails or diving for a chocolate bar every time the going gets tough and you feel tired or stressed.

If you've given up trying to change these habits and are saying to yourself that you're stuck with this way of behaving because - "that's just the way I am, I know I can't change it because I've tried", let me ask you how hard you've *really* tried, for how long and how consistently?

If you are prepared to take FULL responsibility for implementing the changes you long for, it really is only a matter of time before you will crack it and form a new habit, one you really want.

This is illustrated beautifully in this story of Michael Neill's. (read more at the [Genius Catalyst](#) website)

The Gay Thumb Story

"When I was a child, there was a rumour going around the school playground that depending on which thumb was on top when you folded your hands with interlacing fingers, it meant you were gay. I didn't know what 'gay' meant, but I could tell by the facial expressions and tonality of the people saying it that it was a bad thing I didn't want to be. (And no, for the record, I no longer think that - but bear with me - I'm telling a story!)

While I no longer remember which thumb it was, I was horrified to discover that I had the gay thumb, and immediately made plans to pack up all my worldly belongings into a small shopping bag and head for the Far East where people with all kinds of thumbs could live together in peace and harmony. However, after a long and heartfelt talk with my favourite teddy bear, I decided that rather than run away, I would face up to my demons and force my thumbs to behave like the good heterosexual digits I knew them to be.

I embarked on a program of re-conditioning my body to behave in a new way. Each morning, I would consciously interlace my fingers at least 100 times, being sure to place the 'non-gay' thumb on top. At first, it felt incredibly odd to connect my hands in the 'wrong' way. But after only a few mornings, it began to feel more and more normal.

At some point in the first two weeks, I closed my eyes and brought my hands together. When I opened my eyes, the heterosexual thumb was on top! I had done it - I had changed 'normal' and 'comfortable' simply by consciously repeating a few new behaviours on a regular basis.

And despite the collection of show tunes and Barbara Streisand records gathering dust in my closet, I have a wife and three kids to show for my troubles..."

If you can acknowledge that your habits really are completely within your control and take

responsibility for them, that's half the battle. However, they do need to be practiced. The bad ones are only there because you have practiced them so often that they have become unconscious actions which you now assume you can't control. Try a new way and do it again and again and again and again and

Hey, before you know it, there's a new habit, the only difference being that you really like this one.

What are the 3 habits you'd most like to change? Thought of them? Good. Now you have a choice.

Either pick up the phone right now, call 0845 644 4634 and hire me to help you make this happen or pick one and start practicing your new way, *the way you have consciously chosen*, today.

NOT ENOUGH HOURS IN YOUR DAY?

FREE REPORT
FOR YOU to use
every day to help
you make the
most of your
precious time

Get your own personal copy of '40 Time Saving Tips' to help give you more time and fit everything in

The 3 tips below, are just a tiny sample of the great ideas taken from my 'Top 40 Time Saving Tips' Report.

You can get your own free copy of the full report by visiting the Safety Net website and going to the Free Resources page. Just [click here](#).

15. Avoid idly surfing the net. If you HAVE to use it, consider keeping a list of sites you want to visit, wait until you have at least 3, and then limit your time online. Many people have saved an hour per day on this alone. This could be 5 hours per week!

24. Employ your own quality team of fellow professionals (Accountant, Lawyer, Coach, IT advisor). Check out new ideas with them in order to avoid wasting time going down blind alleys, and maintain a 'helicopter-view' of your life.

32. Grade 'to-do's' by A, B, C in order of priority, and do

the A's first. Work on an A even if you can only spend 5 minutes on it, rather than picking off the C's. Our working days are made up of a lot of 5- minute intervals.

"QUOTES OF THE MONTH"

Bonus this month - 2 fantastic quotes to sum up what you can expect when you decide to take responsibility for busting one of your bad habits.



"If people knew how hard I work to gain my mastery, it would not seem so wonderful at all."

**Michelangelo, 1475 - 1564,
Italian painter and sculptor**

"A genius! For thirty seven years I've practiced fourteen hours a day, and now they call me a genius!"

**Pablo Sarasate, 1844 - 1908,
Spanish violinist and composer.**

Any new habit can be yours - once you take the decision that you are up to a little hard work and practice. And then a bit more

See you in November

Warm wishes

Linda



Remember personal coaching takes place really effectively by telephone, so

being far away is no problem. If you have a challenge you want to work on and you know you need either a helping hand or a great big kick, as a Success Coach, I can provide you with both, whichever you'd prefer!

10% Discount to celebrate 'Reach for the Stars' 1st Birthday

It is now a full year since the first issue of 'Reach for the Stars'. The mailing list has more than tripled in that time so thank you to all of you who read it regularly and for the feedback you've sent in. It's now read in all parts of the UK, as well as Europe and Dubai. So keep forwarding it on to your friends and colleagues and get them to sign up for their own copy. Everyone deserves a boost on a Tuesday lunchtime!

To celebrate 12 months of the ezine, everyone who signs up for a coaching programme having seen this promotion, will receive 10% off their coaching fees for their entire programme, no matter which one they choose. Get in touch today and move one step nearer to the success you deserve. You will be shown how to focus on the goals you really want to achieve, have the opportunity to discover what is holding you back and put the plans in place which will make a real difference to your situation and your outcomes. An enjoyable and rewarding experience all round so give me a call on 0845 644 4634 or email on linda@safetynet4u.co.uk

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