

**Linda Orchard**

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**From:** "Linda Orchard" <linda@safetynet4u.co.uk>  
**To:** <contactlinda@talktalk.net>  
**Sent:** 06 May 2008 11:50  
**Subject:** 'N' is for Have you NOTICED it yet? from Safety Net Development Coaching



# Reach for the Stars

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

## PERSONAL SUCCESS FOR PROFESSIONAL PEOPLE

In This Issue

[Quote of the Month](#)

[Did you know that Blackberries reduce your IQ more than smoking marijuana?](#)

[Opportunity to have your company or charity publicised](#)

['N' is for ... Have you NOTICED it yet? Check our why what you notice makes a difference](#)

**Issue: 17**

Reading time approximately  
3 minutes

**May 2008**

Quick Links

[Newsletter Archive](#)  
[More On Us](#)

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### Dear Friend,

*Welcome to May's edition of Reach for the Stars and to all the new readers this month. In this issue we're concentrating on what you're noticing and where it gets you. Do you actually notice what you're noticing? Read on and see how much better things can be when you become aware of it? With this greater level of self-awareness you can achieve loads more personally and professionally.*

*There's also an invitation to get your company or favourite charity noticed by everyone who reads this newsletter, so make sure you make the most of this opportunity.*

### Quote of the Month

'N' is for .....

Have you NOTICED it



## yet?

Have you noticed what has happened to you this month? This week? This morning? You will certainly have noticed any big things, good *and* bad. But the question is, WHAT ELSE have you noticed? What are you giving your attention to?

***"Make the most of the best and the least of the worst."***

***Robert Louis Stevenson,***

***1850-1894, Scottish writer and poet***

Last week, whilst working with a client on increasing her levels of motivation, she told me something I've heard several times before from people - that she finds it hard because worse things happen to her family than to anyone else's. "How true is that?" I challenged her. Did she know that for a fact? It can be very tempting to make this sort of generalisation, but in doing this, you only get to see things from one very unhelpful perspective. I like to enable people to take a smarter, more empowering view.

**Did you know that your Blackberries can reduce IQ more drastically than smoking marijuana?**

Well, apparently so! In a recent study, a researcher put three groups of people through an IQ test. The first group just did the IQ test. The second group did the IQ test while being distracted by email & phones. The third group did the IQ test while high on cannabis. Unsurprisingly, the first group did significantly better than the other two groups. But here's the shocker: the dope-smokers performed significantly better than the people distracted by email & phones.

It's a bit like taking a photo. If you change where you stand, the picture will come out differently. For example, when I help people who want to banish particular food phobias, I change their perspective so they view their challenge from a new angle. Suddenly the food they hated looks completely different to them and that's because how you look at things, alters what you feel about them, and then changes the outcome you get. You can't necessarily change the event but you CAN change how you view it. So how can knowing this help you right now?

If you've felt unlucky recently, what have you been noticing and giving your attention to that gives you the evidence to prove how unlucky you are? In order to feel lucky and more fortunate, it is absolutely necessary to notice the positive

**Get your company or favourite charity NOTICED now!**

**What mantra do you live by to attract success?**

**What's your tip for success in business?**

**What's your secret for great relationships?**

**Send me your favourite quote, saying, idea or recipe for success, together with your name and a website address for your company or the charity whose profile you'd like to have raised, and I will put it in the newsletter together with the link so that all readers can find out more if they'd like to.**

**You can send tips on ensuring work and business success or it could be something on staying organised, happy or fulfilled. You name it - if it works for you, we want to hear about it.**

**Send in those tips and website links now to: [linda@safetynet4u.co.uk](mailto:linda@safetynet4u.co.uk) and get your link published next month.**

things that happen to you, rather than discounting them or glossing over them as meaningless. Even if they seem few and far between, make an effort to flag up *any* pleasant experiences.

Notice if your boss is in a good mood so the office is more pleasant today. Notice if your kids remembered to put their laundry in the washing basket instead of on the floor for once or that the traffic was slightly less busy than usual this morning.

Sad and bad things do happen, but it doesn't make you an unlucky person, just someone who is stronger for having dealt with them. Start to notice ALL pleasant day-to-day things and build up evidence that life is ok.

*Notice what you're noticing, and make it work for you.*



**What's one thing that YOU want to change?**

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***Next month's issue out***

***on Tuesday 3rd June***

Remember to savour all the great things you notice between now and then

*Linda*

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