

**Linda Orchard**

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**From:** "Linda Orchard" <linda@safetynet4u.co.uk>  
**To:** <contactlinda@talktalk.net>  
**Sent:** 03 June 2008 12:55  
**Subject:** 'O' is for OUTCOMES - How to get what you want - 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](#)

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

['O' is for ... OUTCOMES. How to organise your thoughts to get the outcomes you want](#)

[Nine Rules for Being Human](#)

**Issue: 18**

Reading time approximately 4 minutes

**June 2008**

Quick Links

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

**Dear Friend,**

*"Would you tell me, please, which way I ought to go from here?"*

*"That depends a good deal on where you want to get to," said the cat.*

*"I don't much care where ..." said Alice.*

*"Then it doesn't matter which way you go", said the cat.*

***You may recognise this passage from Alice in Wonderland by Lewis Carroll. And how true it is!***

***This issue is about how to get the outcomes you want. And first you need to know what you want ...***

## Quote of the Month



**'O' is for .....**



**"I never hit a shot, not even in practice, without having a very sharp in-focus picture of it in my head."**

**Jack Nicklaus illustrating the importance of visualising your desired outcome. The more clearly you can do this, the greater your chances of achieving it. By the way, if you think you are no good at visualising, think about what your front door looks like. Now imagine it painted bright pink. Easier than you thought?**

## **Your chance to get your ideas and company or charity publicised**

**What's your tip for success in business or your secret for great relationships?**

Thanks to Ryta the writer from Raunds, Northants who suggests:

**"Experience is what you get, when you don't get what you want."**

**Send me your favourite quote, saying or idea for success, together with**

## **OUTCOMES - How to organise your thoughts so you get the outcomes you want**

The more specifically and positively you can define what you want, the greater chance you have of not only finding it, but also creating more possibilities for it to occur.

Opportunities exist when they are recognised as opportunities.

Just as when you use a search engine, sometimes you have to adapt the words you are 'googling' to come up with the links which will be the most useful for you or indeed do an 'advanced search' to maximise the chances of you getting what you are looking for.

Most importantly, you need to recognise that the choice or desired outcome is entirely yours and when you don't take responsibility for that choice, there are plenty of other people willing to do it for you. Are you being a pawn in someone else's game or would you prefer to take charge of your own life? If you don't, your life runs you instead of you running it. You can tell you've got into that situation when you feel out of control or overwhelmed. Have you ever heard anyone say "It just happened". Not true. Things only '*just happen*' when you absolve yourself of responsibility.

1. To live the life you want, you need to know very specifically *what* you want so that you can go on to produce results that you have chosen.
2. Be proactive. If you are looking for an outcome that is reliant on other people doing what you want them to do, you can easily get stuck when they do not play ball (and why should they?) It's a common scenario in personal relationships, in negotiations, with businesses looking for new clients and with parents and children, to name just a few situations. Concentrate instead on what you need to do to elicit those responses. The best way to achieve your desired outcome is to make sure that everyone else involved can achieve theirs too. Look for the win-win situation.
3. Once you think you know specifically what you want, do an ecology check. ie Are you 100% sure you really want this or could you find yourself in a King Midas situation? He wanted everything he touched to turn to gold. In reality though, how

**your name and a website address for your company or the charity whose profile you'd like to raise, 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.**

**Send to:  
[linda@safetynet4u.co.uk](mailto:linda@safetynet4u.co.uk)  
 and get your link published next month.**



practical was it and how happy did it make him? Ask yourself how committed you are to the outcome you think you want. How clearly can you visualise it and what will be the real-life consequences?

**4. Take action. Make the first move right now. If the outcome you are visualising is specific enough and sufficiently motivating, you will be itching to get going. If not, why not? Back to the drawing board .....**

## Nine Rules For Being Human

1. You get a body whether you like it or not - it's yours - use it well.
2. You learn lessons in life whether you like it or not.
3. There are no mistakes, only lessons - failed experiments are part of the process.
4. Lessons are repeated in various forms until they are learned.
5. Learning lessons doesn't end - there are always more lessons to learn.
6. *Over there* is no better than *here*, but it will always look better than *here!*
7. Other people are mirrors of you - you may love or hate them depending on how you feel about yourself. What are they mirroring in you?
8. You have all the tools necessary - what you do with them is your decision.
9. The answers are inside you - just look, listen and trust.



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

**Helping ensure  
 Personal Success for Professional People**

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

***Tuesday 1st July***

*Linda*

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