

Linda Orchard

From: "Linda Orchard" <linda@safetynet4u.co.uk>
To: <contactlinda@talktalk.net>
Sent: 01 May 2007 12:35
Subject: May - 'D' is for Doubt - How to get rid of it from 'Safety Net'

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May 07 Issue 8

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

Your Newsletter from Safety Net
Development Coaching

Dear Friend,

**This issue will take
approximately 4 minutes to
read in total.**

IN THIS ISSUE

- **'D' is for Doubt - how to beat the self-doubt that holds you back**
- **An Easy Way to Effective Time Management**
- **Quote of the Month**

To kick off your new series of quick boosts on common life challenges, we begin with

time management and a great way to help you manage it instead of it managing you. In months to come we'll be looking at common relationship, confidence and career issues. I hope you'll find the series both useful and motivating.

Doubts about our own decision making can be an enormous time waster and a real killer of self- confidence. This month we're finding a much more helpful way to maintain the courage of your own convictions.

'D' IS FOR DOUBT

"To live is so startling, it leaves little time for anything else!", Emily Dickinson, American Poet, 1830 - 1886

Feel new freedom by banishing self-doubt



Have you ever commented that you just don't seem to have the courage of your own convictions? Perhaps you've struggled to make a decision and then spent hours, or perhaps days worrying about whether you made the right choice? This self-doubt saps your energy and your confidence and is also a tremendous waste of time, adding to feelings of

overwhelm in your already busy world. So wouldn't it be great to get rid of it?

It exists for 2 reasons. Fear of missing out on something better and fear of unknown consequences. The thing to remember is that whatever decision you make and whatever the consequences are, you WILL handle it. Try the following method for a while and see if it takes some of the stress out of your decision making.

- Know that whatever decision you take, you have done the best that you can with the information you had at the time.
- Hindsight is a wonderful thing but there is no point in beating yourself up later on, for not having had the benefit of it when you made your decision.
- You WILL handle whatever happens as a result of your decision.
- There is no way you will know for sure that if you had made a different decision, the result would have been any better for you.
- If you think you have indeed made a mistake, look on the episode as an opportunity to learn something, which you wouldn't otherwise have had.

Here's to you and the courage of your convictions.
Go on, believe in yourself.

"THE MOST IMPORTANT CHOICE YOU MAKE, IS WHAT YOU CHOOSE TO MAKE IMPORTANT" *

We start the series of quick boosts this month by tackling the ever present juggling act of managing your time - or more accurately, managing yourself!

The easy route to successful time management



"I ran out of time" is so often used as a reason for not completing, however, running out of time and running out of money are very similar. You know that you have a finite

amount of both and how you choose to spend them will have a great effect on the end result you get.

Taking responsibility for making those decisions is all-important.

For example, if someone chooses to go to a football match instead of doing a diy job (mentioning no names, darling!) and then claims not to have had time, that can't be *strictly* true. What is true, is that a decision has been made on how to spend the hours available. It is simply a matter of personal priorities.

Similarly if you receive a call telling you you must pick up your lottery winnings in person by 8pm on Monday night or forfeit your winnings, will you choose to stay home and check out first whether or not Steve and Michelle will get together on Coronation St? Important as that may be, somehow I don't think you would.

What would you choose to do though, if your choice was between watching Coronation St (or whatever your own temptation may be) and completing that report that really ought to be done for work tomorrow? Get my drift?

Perhaps this sounds flippant but they are just different examples of how important it is to

really acknowledge that you always have a choice how you spend your time. Yes, it's hard when *everything* on your list seems to be important, but the crucial thing is to be constantly aware of what you are doing and the impact your choices have.

Having made your choice, you need to take responsibility for it and get on with the job in hand without worrying about the other things you *ought* to be doing. That will just make this job take longer.

Believe me, when you can say to yourself or others, "I took the decision to do X, instead of Y", rather than, "Oh, I just ran out of time", you will feel more in control and actually start to enjoy the feeling that you are managing your 24 hours rather than them managing you.

What are you going to choose to make important today?

* The title is a quote from Michael Neill who is a Hollywood Success Coach and who I was fortunate enough to have as one of my NLP trainers.

"QUOTE OF THE MONTH"

**Franklin Delano
Roosevelt, 1882
- 1945 US
President**

"The only limit to our realization of tomorrow will be our doubts of today"



This inspiring quote comes from someone who became both Governor of New York and US President despite being stricken with polio. He famously fought to regain the use of his legs and one assumes that had he let self-doubt stop him from

maintaining his determination and consistently taking the action required to achieve this, history may have been very different. It was also Franklin D Roosevelt who famously said in his inaugural speech, "The only thing we have to fear, is fear itself".

For more information click [here](#)

See you in June

Do remember to forward this newsletter to any friends or colleagues who could benefit. Just hit the link at the bottom.



Best wishes Linda

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