

Linda Orchard

From: "Linda Orchard" <linda@safetynet4u.co.uk>
To: <contactlinda@talktalk.net>
Sent: 03 September 2008 14:50
Subject: 'R' & 'S' are for the most RESOURCEFUL SENTENCE you'll ever need



Reach for the Stars

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

PERSONAL SUCCESS FOR PROFESSIONAL PEOPLE

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Issue: 20

Reading time approximately 2 and a half minutes

SEPTEMBER 20

Dear Friend,

Welcome to the Autumn. And here's hoping for those of you in the UK that the weather will be better than the summer has been!

This issue concentrates on new starts and now that the 'Back to School' signs will shortly be replaced by Halloween displays, you still have a really useful chunk of time to make any positive alterations to your home or working life before the tinsel starts to appear in the shops!

So get cracking, get your new pencil cases and clean notebooks out and get those goals written down now with some specific dates of what you want to achieve or change by Christmas. Don't limit yourself. Look at work targets, time management, health, communication or relationship issues and prioritise your wants and needs.

Remember, if you're really serious about your

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Quotes of the Month



"People are always blaming their

circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them."

George Bernard Shaw

Readers' Secrets to Success

Have you forgotten over the summer? You all must have been so busy chilling out, not one reader has sent in an 'idea for success' during the August break and I'm sure that there are many of you who would like to have your business website included in this ezine or the website of a charity you want to promote.

Being as no-one has sent me one this month I'm going to take the opportunity to include this one, which will be useful for anyone who wants to rent [a wonderful gite in Normandy](#). I have just come back and can recommend it. Visit www.giteholiday.co.uk

Send your secrets of success to: linda@safetynet4u.co.uk and get **YOUR** link published next month.

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targets, get in touch to arrange some personal coaching and ensure that you absolutely get what you want to go.

'R and S' are for the most....

RESOURCEFUL
SENTENCE you'll ever
need to know



Do you ever wish you could turn back the clock? Start again and do things differently. Well, there are 10 tiny words and 20 letters that can make all the difference.

It is very common to feel stuck with a set of circumstances, and that, once you've 'made your bed you must lie on it'. We often assume that because things have always been a certain way, or have always been done in a certain way, then that is the way they must always be.

If you label yourself as a 'worrier' or a 'procrastinator' or whatever negative characteristic you relate to, it quickly becomes second nature to react that same way all the time. It often becomes so much of a habit that we embrace it as a personal characteristic and assume it is part of our natural make up.

Have you ever heard anyone say, for example, "I'm a natural worrier"? This isn't a natural characteristic it's a way of behaving begun years ago, which has simply become a habit. Do you see patterns forming in your life such as the way your relationships go, the way you act under pressure, the way you manage (or do manage!) your time? The way you chair meetings or control your diet? More importantly, do you just accept it, thinking, "It's just the way I am"?

Breaking News! Although you can't change the past, you *can* have more control over your future. *It is entirely possible to change things for the better when you decide to take responsibility for your own behaviour, moods and outcomes.*

September is a great time for a new start. Whether



...And if you feel like a challenge, this is for you.

Think carefully about the following questions and make a note of your answers:

- If you knew that you are the only one who has control over your life, what would you do to live differently?
- What might you be assuming that is stopping you?
- What are you fearful of?
- What are you going to do about it?

you want to give up smoking, lose weight, become more decisive, more confident and assertive or manage your time or your money in a more efficient way, two things will make an enormous difference to you.

1. Believing that you *can* create the change and
2. Taking positive actions towards it.

Do something different today and remember the resourceful sentence comprising of the 10 smallest most important words in our language:

**IF IT IS TO BE,
IT IS UP TO ME**



What's one thing that you want to change?

Helping ensure
Personal Success for Professional People

Phone **0845 644 4634** or email
hello@safetynet4u.co.uk or visit
www.coachingistheanswer.co.uk

**Next issue in your mailbox on
Tuesday 7th October**

Best wishes, **Linda**

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