

Linda Orchard

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Sent: 03 April 2007 12:15
Subject: April - How to ..Never say "I can't" again - from Safety Net Development Coaching

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April 07 Issue 7

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

Your Newsletter from Safety Net
Development Coaching

Dear Friend,

IN THIS ISSUE

- **'C' is for Can't. Or can you?**
- **Your New Series of Quick Boosts**
- **Quote of the Month**

For those of you engaging in some springcleaning this month, whether it's your house, your office or indeed your life, I wish you clarity, motivation and determination. May you find things you thought you'd lost and have fun clearing out the clutter (mental and physical) that's been getting in your way. Spring 2007 is a great time for an overhaul. You can call me

for a personal planning 'one-to-one' if you need more motivation than you've been able to muster.

Also this month find out about our new series on how to deal with some of the common life challenges that get us all down from time to time.

My thanks this month must go to:
 Steve at Nutshell Creative Marketing
www.nutshellcreative.co.uk (see my great new logo at the bottom) and
 Andy at Affinetti IT Systems
www.affinetti.com (this is the first newsletter to go out on my new pc) .
 Their help and expertise recently has been invaluable. Thanks guys.

'C' is for 'Can't'. Or can you?

Can't. Such a tiny word. So easy to say. If you're looking for a way to put the brakes on, look no further. This is it!

Let's see what you REALLY mean when you say 'I can't'. TIP: Only read on if you're prepared to be honest with yourself.



When you say 'I can't', what could you say instead which would actually still be true? Some possible answers may be:

"I don't want to ..."
 "I'm scared to ..."
 "I'm not choosing to make time to ..."
 "I don't know how to yet"
 "I can't be bothered to ..." or even

- "If I did I'm unsure what the outcome might be so it will be easier just not to go there in case it turns out to be out of my comfort zone!"

'I can't' is one of those phrases which trips so easily off the tongue and in doing so stops us very effectively from expanding our lives, our experiences, our communications with others and most importantly, our self-awareness.

When you say *can't* it actually means 'I can not', ie *I have made the choice not to*. And that is the crux of the matter. It is vitally important to recognise that you are in fact (unless of course a disability prevents you) making a choice here, and that you do actually have control over whether or not to take responsibility for your choice. Whether to stop and decide whether this is one instance where you really and genuinely *can't* do

something, or if perhaps there is something else which is stopping you - time, motivation, energy or fear.

Each time you catch yourself telling someone (or indeed telling yourself - remember that voice in your head?) that you *can't* do something, make a point of recognising what you *really* mean.

Do you remember when you couldn't read or type or drive or use a computer? Back then you would have said 'I can't do that', when actually you meant that you hadn't learned yet. Notice that phrasing it this way psychologically opens up a whole world of possibilities, rather than using negative, blocking language which suggests to yourself and to others that you will never be able to?

What else could you learn to do or accomplish this year that you are blithely putting out of your own reach today, simply by using the 'C' word without thinking?

Your New Series Of Quick Boosts

Career,
Relationships,
Confidence and
Time Management

Tips on one of these 4 issues covered every month

Most of my clients, regardless of the reason why they first contact me, decide at some time in their coaching programme that they want to work on one of the key issues listed below and on the left. Not because they need help as they are coping just fine, but because they recognise that they *already have* the potential to get even better results than they are currently achieving and using the time and space to organise their minds properly and the real thinking environment of the coaching session to challenge their thinking, they will be able to get the results to which they really aspire.

- Career
- Relationships (at work and home)
- Confidence
- Time Management

These are the challenges which come up again and again, in one way or another, both for individuals and for teams, and because I work with people to tackle these so often, I thought,

why not pass these insights on to you, so that you can benefit too?

I hope you'll enjoy the series which will start in the May edition with a reminder about how you can really manage your time effectively without having to wear a sparkly cape and your pants over your trousers!

In the meantime though I'll leave you with these words to ponder over.
The most important choice you make, is what you choose to make important.

Join me next month to find out why this is SO important .

"QUOTE OF THE MONTH"

Thomas Edison
1847 - 1931
American
Inventor

"If we did all the things we are capable of doing, we would truly astound ourselves."



I guess an inventor would know this better than anyone. We all have such a lot of untapped potential. What's it going to take to make you discover yours?

See you in May



Best wishes
Linda

PSTil then, think about what your 'I can'ts' really mean. Then decide if actually you can.

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