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February 2007  
Issue 5

## **\*REACH FOR THE STARS\***

Your Newsletter from Safety Net  
Development Coaching

**Dear Friend,**

### **IN THIS ISSUE**

- **A Personal Note**
- **'A' is for Action and Adventure ....**
- **Quote of the Month**
- **You've Asked For It !**

This month we start your coaching A - Z, which will give you the chance, if you decide to take it, to move from auto pilot to manual overdrive and start steering things in the direction of your choice. Make a change, for yourself, for the better.

It's Valentines month too so whether you're happily (or unhappily) *with* someone, or happily (or unhappily) on your own, take one small step this month to improve something. Even the smallest action will produce a change.

Decide TODAY, grit your teeth and DO IT.

## THANK YOU

These people know who they are!  
Good luck in sticking to the goals you've set yourself. Ignore any slip ups on the way and reward yourself for any and every step in the right direction.

*A note to all of you who attended a Safety Net Development workshop/presentation this month.*



This month I've run several group sessions/workshops for people who have taken self-development seriously enough to attend, listen, think and let's face it, work pretty hard.

Thank you to everyone who came along. Remember that this is just the start of a journey to more confidence, being happier to speak in public, staying off the chocolate, getting your retail business on-line or whatever you are setting out to achieve. Go out and tell your friends what you're doing and why.

### **Congratulations on hitting 2007 running.**

I also want to thank all those people who have taken up the offer of a free trial coaching session and consequently have been kind enough to give me a donation for Macmillan Cancer Support. I am so pleased that you have discovered the value of personal coaching and that together we have raised money for a wonderful cause.

**ASK YOURSELF NOW:** if you haven't booked your session yet, what's stopping you?

Where else can you get someone to encourage, listen and give you the friendliest kick up the backside you'll ever receive, whilst at the same time sharing with you professional techniques to help move your motivation from 0 to 10 in 60 minutes!

Phone or email me and reserve yours NOW.  
t:01327 352755  
e:linda@safetynet4u.co.uk

## 'A' IS FOR ACTION AND ADVENTURE

"Life is either a daring

...and Attitude, Aspiration, Authenticity, Acceptance, Awareness and Abundance!



**ADVENTURE or nothing. To keep our faces towards change and behave like free spirits in the presence of fate is strength undefeatable."**  
**Helen Keller**  
**1880-1968**

As a Life Coach, my role is to be a change catalyst.

Question: how do you change?

Answer: one action step at a time.

Running around like a headless chicken looking busy but not being very productive will produce the same results as doing nothing. And that is exactly what will happen. Nothing. You will just experience varying degrees of fatigue!

If change is unattractive to you or just plain scary but you *know* it needs to be done, the way to take action is bit by bit. Break down your targets into much smaller chunks. This is not a cop-out, an admission of failure or fear, but a sensible and realistic strategy for making great things happen.

If you are in the world of personal development, you will know the phrase 'eating the elephant'. Tackle your actions bit by bit. It is only when you do nothing except think about how hard it will be and say 'if only this or that were different', that you get stuck.

Nothing stays the same for very long, good or bad, so look on each day as an *adventure* into the unknown. STOP. DON'T PANIC. That doesn't mean putting yourself in the hands of fate, just buying into the adventure of trying different behaviours. Do something new. You *can* still be in control by taking responsibility for the actions you decide on. Thinking is wonderful. BUT DOING GETS RESULTS.

## "QUOTE OF THE MONTH"

**Gabriel Garcia Marquez,**  
**Columbian**  
**writer**

**"He who awaits much can expect little"**



A call for action indeed! Sitting around waiting and hoping for

opportunity to knock on your door is not a recipe for success. So get out there and **MAKE** something happen. This also reminds me of a riddle a colleague and fellow coach sent me this week.

Five frogs sitting on a log, 2 decided to jump off, how many were left?

Answer: 5

Why? Because the first 2 only *decided* to jump.

Just thoughts = no action = no change.

*Where can you use this to improve your day?*

## **YOU'VE ASKED FOR IT!**

**I've done it!**



**Thanks to your feedback I've made the print bigger and easier to read, and broken up the sections more.**

**Also this month, the 'In this issue' list is right at the beginning so you haven't had to look for it when short of time.**

**Now you can see more clearly what's written, tell me more about what you want to read.**

***See you next month.***

***Linda***

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