

**Linda Orchard**

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**From:** "Linda Orchard" <linda@safetynet4u.co.uk>  
**To:** <contactlinda@talktalk.net>  
**Sent:** 05 June 2007 12:29  
**Subject:** June - 'E' is for Eating your Elephant. Helpful advice from 'Safety Net'

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June 07 Issue 9

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

Your Newsletter from Safety Net  
Development Coaching

**Dear Friend,**

**This issue will take  
approximately 3 minutes to  
read in total.**

### **IN THIS ISSUE**

- Eating the Elephant - How to achieve your goals in fast easy chunks**
- Relationships - Are you sure you're both tackling the same problem?**
- Quote of the Month**

**A slightly shorter newsletter this month as I'm busy packing and tying**

up loose ends before two weeks off. If the technical automated timing system works as it should, I will be on a beach in Gran Canaria when you open this. However, I shall be following my own advice and eating the elephant before I go. Read on to see how it'll help you too.

**'Life Challenges'** this month offers a useful perspective on what happens when you don't understand where the other person is coming from. It works at home AND in the office. Try it and see.

## 'E' is for EATING THE ELEPHANT

... and remember, if you truly get bogged down, take Winston Churchill's advice - "If you're going through hell - keep going!"

**Breaking your tasks down into chunks which are both motivating and manageable**



How do you cope when there is too much to do and you don't know where to start? When you are so busy worrying about what you haven't managed yet, that the feeling of overwhelm halts any sense of motivation you have left?

**Imagine this. Your to-do list or the overwhelming task ahead of you is an elephant which you must eat. Having acknowledged that you must**

**do it one way or another, you'd never try to tackle it all at once.**

**You'd break it up into bite size pieces, each one big enough to spur you on but not too large to be intimidating. Small enough to be manageable and big enough to help you to feel you're making headway.**

**Ideally, to take even more pressure off yourself, you'd also put the rest away in the fridge so you don't have to look at it whilst on your current mouthful, and only take out the next piece when you're good and ready to tackle it.**

**Not the most attractive vision I've ever presented you with, I know, - but so very useful to remember.**

## RELATIONSHIPS - WHERE IS THE OTHER

## PERSON COMING FROM?

This month's quick boost checks out why they just can't see your point of view (& vice versa!)

### *So what about a different perspective?*

When a person in Northern Europe and a person in Africa look at the moon, they are gazing at the same entity, however, they are not seeing exactly the same thing. The angle of their view is very different. Same object, different perspective.

If you've ever argued or felt frustrated that a colleague, friend or partner just cannot see what you are saying and are seemingly refusing to understand where you are coming from, (even though, of course, it's so obvious that you are right,) it can be helpful to remembering the following.

The fact is, they think they are right too. And from where they are standing, they truly are. Even though you are tackling what you both *think* is exactly the same issue, you are seeing it from very individual points of view.

We all have our own maps of the world, accurate in our own eyes and shaped over the years from our own experiences, values and beliefs. Neither of you are wholly right or wrong. The trick in communication is to try and view the situation from the others point of view. Only when you have this understanding of what their perspective is and *why* they have it, can you find a way forward.

You don't have to agree, but clarity and results will be reached much faster with a little bit of insight into their world. Plus of course, you will have the advantage of seeing the whole picture.

## "QUOTE OF THE MONTH"

**Buddha**

### **"A jug fills drop by drop"**



Keep at it, keep achieving and do it little by little. As long as you keep your vision of your full jug in mind and know that you will fill it in time, it doesn't

**matter how big each drop is, as each one builds on the last when you don't give up.**

**Your jug will be full when your elephant is eaten. Perhaps a slow process, but worth it in the end.**

## See you in July

Remember to forward this newsletter to any friends or colleagues who could benefit. Just hit the link at the bottom. Or they can add their email address in the 'join our mailing list' box and hit JOIN

**Next month 'F' is for Fear and we'll be looking at designing your perfect career**



**Best wishes and have a great June.**

*Linda*

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