

Linda Orchard

From: "Linda Orchard" <linda@safetynet4u.co.uk>
To: <contactlinda@talktalk.net>
Sent: 04 September 2007 12:30
Subject: 'G' is for Goals - Do yours thrill you enough?

This is your free monthly email newsletter from Safety Net Development Coaching. To ensure that you continue to receive emails from us, add linda@safetynet4u.co.uk to your address book today. If you haven't done so already, click to [confirm](#) your interest in receiving email campaigns from us.

You may [unsubscribe](#) if you no longer wish to receive our emails.



September 07
Issue 11

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

Your 'Change for the Better'
Newsletter from Safety Net
Development Coaching

Dear Friend,
This issue will take
approximately 3 and a half
minutes to read.

IN THIS ISSUE

- **Your Goals - Are they really inspiring enough?**
- **Finding your dream career**
- **Quote of the Month**

I hope you've had a brilliant summer. September is a great opportunity for a new start after the summer break so I'm thrilled to announce that our new website is now up and running.

Please do [check it out](#) if you haven't already. Why not send for your free report on 'Time Saving Tips' from the 'Free resources' page?

The other good news is that I have four spare places *right now* for new clients who have something they want to change for the better and who would really like to see a difference in their lives by Christmas. If this is you [contact me](#) and grab the chance now.

'G' IS FOR GOALS

Do yours inspire you enough to really make a difference?



You know when you read all the advice on goal setting, it says that ideally they should be SMART - Specific, Measurable, Achievable, Realistic and Time Bound? Well, this is certainly true BUT, by the time you've followed all the rules, made your goal achievable so that you

don't set yourself up for failure, and realistic enough to aim for something which is definitely within your reach, have you ever noticed that suddenly it doesn't seem quite as exciting any more? Doesn't grab you in quite the same way? Typically many of us follow this pattern:

Step 1 You're all fired up by something you'd love to achieve. Imagine in brilliant technicolour detail how wonderful it would be to have 'it' or be 'it' (whatever your 'it' is). *Imagine, just for example, that you'd adore to plan and save for a world cruise.*

Step 2 The doubts kick in. You probably don't really stand much chance of it actually happening. You'll get so far and then perhaps give up or run out of time. Who did you think

you were to expect so much and dream so big anyway? *"People like me don't take that much time off work and I ought to be spending the money on the house anyway."*

Step 3 Realism takes over with just a touch of logic and a sprinkling of stiff upper lip, and lo and behold your big goal becomes second choice city. ***"We'll be fine camping in France. It's always nice"***

Who was ever thrilled to get their 2nd choice? Do Olympians dream of silver medals? Aiming for this certainly won't make you jump out of bed every morning grinning from ear to ear at the prospect of getting one step nearer to something you don't actually want.

Imagine though if you were to let your goal really inspire you. OK, it might be big, and perhaps seem out of reach for now, but if you feel like you can touch your goal, see and feel it clearly and (and this is key) it puts a smile on your face to think about each day being one small step nearer it, then you WILL do the deeds, make it happen AND enjoy the journey.

Dreaming big doesn't mean your goal becomes unachievable - it just means you may have to take a few more steps. There's nothing wrong with taking the scenic route instead of the motorway though is there? Many of us are guilty of settling for what we think we can have, rather than going for what we really, really want. If you set yourself a goal based on something that you completely and utterly long to achieve, write it down and word it so that simply reading it inspires you to smile and take action, then you know you're more than half way there already. Make those goals exciting, thrilling and meaningful to you.

This ezine isn't called Reach For The Stars for nothing.

HOW TO FIND HAPPINESS IN YOUR IDEAL CAREER

What criteria do you use to make your decision?
Having spent 12 years as a Careers Adviser and thoroughly studied the theories of occupational

choice in all their glory, I have always been certain that everyone deserves to be in a job they love and that it is not necessary to have to haul yourself out of bed in the morning and spend the day just waiting for 5 o'clock simply because you have to pay the mortgage. I am lucky enough to have created a job for myself which I love doing. If you haven't and you'd like to, think about this.

Imagine you've made the decision to buy a new car, You've thought about it carefully, done your research, know what size, make, model, colour, and spec you want and are clear about your price range. You know what you need to make you happy with your choice. Would you then drive off the forecourt in something completely different? And even if you did, would you then stick with it for the next 20 years? It's unlikely. So why do so many people take jobs and become stuck in careers which they don't actually enjoy?

What is important to you? And I don't just mean the job spec and the pay. I mean examining whether the values of the firm match yours. How will it affect your work/life balance? Can you truly be yourself at work or will you need to conform to a particular image which if you're honest, doesn't really gel? Will you be a round peg in a round hole or will your edges have to be squeezed to fit? Imagine picking a new job with all the care and attention you would to choosing a new car, house etc. and don't settle for what you think you have to.

If you're thinking, that's all very well, but I have a mortgage to pay and a family to support , all I ask you to do is to *consider* the idea. What would true happiness at work mean to you AND your family? Would you be nicer to be around if you were less stressed?

What did you want to be when you were small? What happened to that idea and why? I met a man several months ago at London Zoo who used to be a city financier earning a fortune and who one day decided enough was enough. He is now working with the pygmy hippos and loving every dirty, smelly moment of it having taken a massive pay cut. He is surviving. He is happy. He is being true to himself.

"QUOTE OF THE MONTH"

**Lou Holtz,
Sports Coach**

"When all is said and done, a lot more is said than done."



For goals to work they need to motivate and truly inspire deeds. Just remember the Elvis song - 'A little less conversation, a little

more action' or even the Nike ad
- 'Just do it'. Today.

See you in October

Why not contact me for a taster session, in the meantime?



It's my goal to grow my mailing list for this ezine. If you can help me by forwarding your copy on to someone who'd like to sign up, that'd be great. Thank you

Warm wishes

Linda

Contact Information - go on, get in touch!

email: linda@safetynet4u.co.uk
phone: 01327 352755 / 08456 444 634
web: <http://www.coachingistheanswer.com>

Join our mailing list!

[Forward this email to a friend or colleague](#)

✉ SafeUnsubscribe®

This email was sent to contactlinda@talktalk.net, by linda@safetynet4u.co.uk
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Safety Net Development Coaching | Towcester | Northamptonshire | NN12 6JT | United Kingdom