



Breakthrough Coaching Newsletter

It's All About You
January 2006

Dear Subscriber

Welcome to the New Year issue of the Breakthrough Newsletter. How are you?

I don't know about you, but this is one of my favourite times of year. A time when I take stock of last year and where that got me and when I start to look at the year ahead and get excited about everything that I'm doing and aiming for this year. By some strange paradox I also suffer from winter blues and want to hibernate, as many do, until the spring, so it can be an interesting month in my house!

I've noticed that I'm not alone in this. Lots of people that I've spoken to in the past couple of weeks have been experiencing a mix of the energetic "right! it's the new year and I'm going to do something different that's going to make my life so much better" and the well-known "oh, but I'm tired/broke/it's cold/i hate winter" excuse for inactivity. Do you recognise that in yourself or anybody around you?

Well in this issue we're going to look at how you can beat the winter blues simply by making it all about you. So I suggest that if there is somebody close that's walking around with their knuckles trailing on the floor... forward this to them quick! For those that have already beat the blues and are charging ahead with new years resolutions - well done! You can also use these tips to add energy to your resolve.

Happy Reading,

Lisa Ravenscroft - The Breakthrough Coach

in this issue

- New Year Offer - Extended!
- It's All About YOU!
- Top 5 Tips for Putting Yourself First
- 'Design Your Life' Workshop in Kent
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It's All About YOU!



With the many different roles that we play in our lives these days, we can so easily get caught up in playing each one and everything it entails that, for a time, we lose ourselves in the mix. It can feel like we're doing so much for other people and little for ourselves. What we do on a daily basis can stop being about choice and start being purely about obligation. This can be particularly highlighted over the festive season when you drag yourself up to go to yet another gathering when deep down you'd really like to stay in bed for a lay-in and you wish you'd never agreed to go in the first place! No wonder so many people feel burnt out by the time they reach the New Year.

Well now that January is here and some of the demands have lessened it's a great time to step back and bring the focus back to you. Not only is it the simplest way of beating winter blues, it's a great way to give an extra energy boost to new years resolutions and get 2006 off to the best start.

So be honest, how good are you at focusing on you? How often do you put yourself before anything or anybody else? For many of us, as we continue to juggle our commitments, obligations and other peoples needs, it's not often enough. Perhaps we feel that it's selfish to focus on ourselves when there are so many other people and jobs demanding our attention. But are we getting it wrong?

Think about it for a moment. How differently would you feel if you put yourself first more often? If you did more of what you wanted to do? Would you feel more tired, stressed, time-poor, lacklustre? Or quite the opposite?

Our energy levels are directly related to how we feel. If we do little for ourselves we feel fed up, over- stretched, put upon and we have low energy levels. With low energy levels we feel less inclined to do the things we know we need to do, let alone anything else on top. We also work more slowly and so add time-poor to our list. Whereas if we *consciously* put ourselves first and look after our own needs and wants, we feel happier, more fulfilled, lighter and our energy levels soar. When we have more energy we're more productive so we get more done in the same or less time, making it possible to fulfill our commitments as well as looking after ourselves.

Sometimes we get so caught up with the roles we play, the commitments we have and the people around us, that we forget about choice. Try choosing one thing just for you, do it and see how you feel. See also the amazing knock-on effect that has.

Top 5 Tips for Putting Yourself First

1. Never say 'yes' when you mean 'no'! How often do you do this and how does it feel? Not good? When you're asked to do something, give it some thought and give an answer that's true

New Year Offer - Extended!



What would you invest to give yourself the best start to 2006?

40 minutes? £37? Sound fair?

From now until the 15th February 06 I'm offering **Life- Check** and **Career-Check** sessions. **A one-off session of 40 minutes with me as your coach for just £37!**

After all the mad spending in the run up to Christmas, this could be the most value packed small investment you'll make all year!

We'll spend the 40 minutes focusing on what you want in areas of your life and career. We'll drill down and get really clear about what you're aiming for in 2006 and kick-start you into action to make it your best year yet. There is one small catch - I'll be asking you to do a bit of homework beforehand to make sure you get the most out of your Life-Check session.

Life-Check and Career-Check

Sessions are available from now until the 15th February 06, but they **must be booked by 31st January.**

To register for this special offer, call me on **01303 891671** and quote 'Newsletter Offer' or reply to this email.

If not you - then who? If not now - then when?

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['Design Your Life' Workshop in Kent...](#)

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to you. You will feel so much better when you say yes only when you mean it.

2. Do something different. If you feel slumped or over-committed, the chances are you didn't choose to feel that way. By consciously breaking a routine (even if it's only for one day) and doing something out of the ordinary, you have taken back your right to choose. Choose something that will give you a buzz and see what a difference it makes.

3. Know what gives you energy. Make yourself a long list of all the things that put a big smile on your face and make you feel great. Things that you can recognise as being all about you, that perhaps give you a fresh perspective. Then when you need a boost you have a ready-made list of pick-you-ups to choose from.

4. Set aside regular time for you. And only you! Whether it's signing up to a series of classes, doing an activity you enjoy or simply setting aside a couple of hours at a time to do exactly as you please. You don't have to do it alone, just make sure whatever it is that you're doing it for you. Put it in the diary and stick to it!

5. Have a plan. If you know what you're aiming for and you have a plan for how you're going to get there... you have all the motivation you need to drive you forward with the focus firmly on you. Imagine the energy that will create!

To talk to me about creating more time for you and generating more energy for yourself through one to one coaching, call me without obligation on 01303 891671.

[Find out more about how coaching could make a difference for you...](#)

'Design Your Life' Workshop in Kent



The people booked onto my workshop in Canterbury on the 4th February have already decided to make it all about them. They've set the morning aside to be inspired to design their life and get 2006 off to a good start.

If you would like to join us do let me know as we are down to the last few places.

Apologies if you're not within reach of Canterbury. I do plan to put on workshops in other locations so watch this space. In the meantime, if you want to be inspired to design your life, **take advantage of the special Life-Check and Career-Check offer at the side of the page instead!**

["Design Your Life" Workshop details...](#)

Wise Words...

"The secret of being happy is not doing what one likes, but liking what ones does" J M Barrie

email: info@breakthroughcoaching.co.uk
phone: 01303 891671
web: <http://www.breakthroughcoaching.co.uk>

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Breakthrough Coaching | 24 Mayfly Drive | Hawkinge | Kent | CT18 7FD | United Kingdom