



Breakthrough Coaching Newsletter

Saying Yes, Saying No
March 2006

Dear Subscriber

Welcome to your March edition of the Breakthrough Newsletter. How are you?

Clearing out your life from time to time is as essential as clearing out your office or home. How will you ever know where you're at, if your life is full of clutter that drains you each time you pause long enough to look at it? And what better time to have a clear out than now? (Yes, it's that old spring clean cliché!). Read on for the secret to having a life clear-out...

In the right hand column this month I have a real gem for you. If you already enjoy my Monday Morning quotes (if you don't and you'd like to, you can change your preferences via the link at the bottom of the newsletter), you'll love Monday9am.tv. Take a look!

As always, thanks for your feedback. It's great to hear your thoughts and don't forget that requests for topics are always welcome. What would you like to see covered in your newsletter? Send me a reply to let me know....

Happy Reading,

Lisa Ravenscroft - The Breakthrough Coach

in this issue

- Say YES to brilliant Mondays mornings!
- Saying Yes, Saying No
- What will YOU say yes and no to?
- Wise Words...

Saying Yes, Saying No



If we were to float up and hover above our daily life and look at all the things that make it up. At all the people and things that are part of it. At what we do with each minute of our 24 hours, each and every day. How much of it would we feel we had chosen?

The truth is, at some level or another, we chose all of it. And if there are things we don't feel like we chose, we certainly chose to allow them to continue.

So if we have all this choice, how come we reach points from time to time where life seems incredibly cluttered and pressured? Perhaps we lost sight of what we're saying yes to and no to... and why.

If you've ever heard yourself say yes when you meant no, you'll know how bad that feels. For some people, each day is like that. So what does that leave them with? Lots of what they don't want filling their time and no time for what they do want!

My guess is that we all have this situation to a greater or lesser extent. Perhaps we over-commit ourselves to work or other areas, try to fit too much into our time, attempt to do lots of things at once, find ourselves doing things that don't energise us and perhaps in some cases drain us. So what do we do about it? Have a clearout!

The secret to spring cleaning your life is in those simple words 'yes' and 'no'. Are there situations, commitments or people in your life that you're regularly saying yes to, that you'd love to say no to? How much time could you free up by saying no to things that don't give you anything and that you don't enjoy? What could you do with that time instead?

By consciously looking at what we don't want to be doing with our time, we clear out the clutter and make space for a better quality of life. We open up our time for the things we enjoy, clearing the way for new opportunities to have fun and to grow. How refreshing will that be!

What will YOU say yes and no to?

If this has struck a chord with you, take action now and answer these questions one at a time, making notes as a reminder:

What do you spend your time on that you'd like to say no to?

By saying no to these things, what will that free up time for?

If you were to put yourself first, what commitments, situations and people would you be saying no to?

What will you say yes to instead?

Say YES to brilliant Mondays mornings!



Need more inspiration on Mondays?

Monday9am.tv

Thought you might like to know about this fantastic site (if you haven't discovered it already)!

Filmmaker Nic Askew produces brilliant, thought-provoking short films (just a few minutes long) and puts them out each Monday morning for you to see completely free.

It's hard to describe and do justice to his films and the amazing people he interviews. I'll simply say, take a look..... They certainly make me pause and think :)

[Click Here! for Monday9am.tv....](#)

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For more help with spring cleaning your life, finding a better balance and saying yes only when you want to, call me without obligation to discuss one-to-one coaching on 01303 891671.

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

Wise Words...

"The main problem with this great obsession for Saving Time is very simple: you can't save time. You can only spend it. But you can spend it wisely or foolishly"

from Benjamin Hoff's 'The Tao of Pooh'

[Click here to go straight to this book on Amazon.co.uk....](#)



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