



Breakthrough Coaching Newsletter

Do you live at Cause or Effect?
May 2006

Dear Subscriber

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

You know how it is when a friend of yours buys a certain make and model of car... suddenly you see them everywhere! Well similarly, having done some more NLP training this month and having lots of discussion about 'Cause and Effect', my radar has been out and I've been noticing all around me the huge differences between people that live at each side of the equation. Hence the topic of this month's newsletter... which side do you live on?

Thanks to those of you that emailed me last month with requests of what you'd liked to see covered in your newsletter. I'll be working on these for the next couple of issues.

Do keep your feedback coming! It's always great to hear your thoughts.

Happy Reading,

Lisa Ravenscroft - The Breakthrough Coach

in this issue

- Create your personal Goals Report FREE!
- Cause and Effect
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- Wise Words...

Cause and Effect



How do you live your life? At cause or at effect? And what does that mean for you?

Take two people going for different jobs, both having all the right credentials and experience for the role. One of them approaches their interview from the perspective that it's completely down to their performance as to whether they get the job or not. They will choose how to present and project themselves and they will take 100% responsibility for their result. They feel pretty confident and in control.

The other person is approaching their interview differently - from the perspective that they'll do the best they can, but ultimately it's down to the interviewer's opinion of them and the other candidates' performance against theirs. They feel they have little control over the outcome, which makes them pretty nervous, and they believe that interview situations never bring out the best in them, so why should this one be any different?

Which one is more likely to be successful? My guess would be the first person. A clear example of being 'at cause'.

We know that a cause is something that makes something else happen. So when we're talking about living at cause, it's all about causing things to happen, making choices, taking action and full responsibility. Notice the position of power this puts you in.

On the other side of the equation, an effect is what happens because of the cause. So living on the effect side means having things happen to us, living with excuses and reasons why something couldn't be, the choice and responsibility is 'taken' out of our hands. It's a feeling of powerlessness and of being the victim, in many cases.

Think about people you know at each side of the equation. Firstly those people around you who know that if they want to do something, they will do it. They make their decision, they choose their approach and they keep going until they achieve what they wanted. If something isn't working, they find another way and make it work, taking full responsibility for their goal and whatever happens on the way. **They choose to have their result.**

Think about people you know on the effect side. In situations where they want something, but see themselves at the whim of others as to whether they get it. Setbacks are almost expected and they allow them to be setbacks. Everything is down to outside influences, they blame others and feel powerless. **They end up with a bunch of excuses and not their result.**

The interesting thing is, that people on either side of the equation, whether at cause or effect, will each walk away patting themselves on the back. Why? Well, of course, the 'at cause' group chose to have their result and they got it. While for the 'at effect' people it was completely out of their hands right from the start. They found a reason (excuse?) why they couldn't have their result and walked away saying "see, I knew it wouldn't work". Either way they were right.

So the question to you really should be - not which side do you live at, but which side do you want to live at? Cause or effect? The key point here is that at any given moment, you have the choice. You either allow what's happening to affect you and hold on to your excuses. Or you take full responsibility for what is going on and choose to get your result. I know which I choose!

Create your personal Goals Report FREE!



To live 'at cause' you need to know where you're going.

Use this free tool to create goals that inspire and kick start you into action!

Tip!: You get out what you put in. So make your goals stretching, specific and get seriously excited about them.

(You're welcome to share this free tool with friends if you think they'd benefit from it - just forward this newsletter to them using the blue link at the end of the email)

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Try this... put yourself back at Cause!

Want to know the one question that can pull you out of that powerless feeling of being 'at effect'? Here goes... (drum roll?)...

How have I chosen to create this right now?

It's that simple. In any situation, if you can stop, ask that question of yourself and accept that no matter how much you want to answer it with "well, actually, I didn't create this"... you did. If you can accept 100% responsibility for what's going on, you put yourself at cause and you immediately grant yourself the power to change it.

The next chance you get, try this. And if you'd like to let me know what result you get - feel free to email me!

Much of the work that I do with my clients is around putting them at cause. Imagine how much more energy and power they have over their result when they are! If this might help you, do give me a call on 01303 891671. I always offer a free no obligation consultation so you can get a feel for whether you'll get what you're looking for from coaching.

[Read more about Breakthrough Coaching here....](#)

Wise Words...

"If it is to be, it is up to me"

Ten Two Letter Words - Author Unknown



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