



Breakthrough Coaching Newsletter

Trying vs Doing
September 2006

Dear Subscriber

Welcome to the September issue of the Breakthrough Newsletter. A little later in the month than usual. Proof that even us coaches have to review a deadline occasionally :)

In this issue I'm giving you my personal top tip for increasing your successes and achievements, all centering around one 6 letter word. Read on for more!

Over the next few weeks I will be revamping the website and would be delighted to hear from you if you have any requests or suggestions of what you would like to see on there. I plan to launch a series of teleclasses and some audio downloads - if you were to listen to these, what would be the burning issues and questions that you would like covered? *Please send me a quick reply now and let me know!*

Happy Reading,

Lisa Ravenscroft - The Breakthrough Coach

in this issue

- Have you decided that you need a coach?
- Trying vs Doing
- Try this... replace Trying with Doing!
- Wise words...

Trying vs Doing



As somebody that people come to for help with turning their life around or for help with achieving more, I am often asked what it was that made the difference for me when I turned things around for myself. You can imagine that there is an extremely long answer to that question that would make this email run on for far longer than you want it to, so I'll pick out a couple of key points instead.

Firstly, as you would expect, I had my own coach who helped me for the first time ever to set really clear inspiring goals for myself that not only meant something to me on a core values level, but that got me so fired up that I couldn't wait to get started!

Secondly, I gave up a lifetime of 'trying' to do things and just *did* them. It's a really subtle but colossal shift in the way you approach things mentally.

You hear 10 times a day or more, people talking about 'trying' to do this, that and the other, but weeks later they are still 'trying' and possibly no further ahead. So what is the difference between them 'trying' to do it and *actually* doing it?

While the word 'trying' can be viewed as quite positive language to most of us, to our unconscious mind the word suggests *difficulty*, possibly something that might *take a long time*, and it actually suggests that this thing we are trying to do *may not be possible*.

So in a way, 'trying' is only half doing, but we don't give ourselves a good talking to about not getting anywhere because we say 'I'm trying at least'. And if we've managed to make this thing feel more difficult than it needed to be, we can give up and say 'oh well, I tried'.

The most successful people possibly don't have the word in their vocabulary. For them, at every turn they have decided what to do and done it. That's not to say they succeed first time every time, but they are much more positive and motivated to keep *doing* until they do get their result. In their unconscious mind the possibility of it not working doesn't exist and I think we can learn from that.

I wonder how much further we would all get if we stopped 'trying' and started *doing*. What do you think?

Try this... replace Trying with Doing!

Why not see if this shift makes a difference for you?

- Take hold of your To Do list for the next few days.
- If it's only in your head, write it down.
- Now, instead of 'trying' to get all these things completed and ticked off, make the decision **to do them all**.
- Decide precisely **when** you will have completed them all.
- **Do them!**

Or if that's too simple and you already have your To Do list down to pat, grab one of your bigger goals that you have been 'trying', make the decision to stop trying and tell yourself **"I'm just**

Have you decided that you need a coach?



Now that my home and office move is a distant memory (almost!), I have 2 spaces to take on clients for personal coaching starting in the first half of October.

So, if you have read this newsletter and concluded that you want to stop 'trying' and start *doing*, if you are absolutely decided on making the next few months the time that you will get totally clear about what you're aiming for and if you need the support, challenge and accountability of having your own coach to help you improve your personal performance I would love to hear from you.

Please call me on 01303 277132.

[If you'd like to have a quick look at the website and to check my fees first, click here...](#)

Quick Links...

[Meet your Coach...](#)

[More inspiration and newsletter back issues...](#)

[What my clients say...](#)

Join our mailing list!

going to do it".

Notice the difference when you take away the possibility of *not being able to do something*. Doesn't it seem instantly more compelling and attainable?

If you want to improve your personal performance in life and at work and you're ready to work with me as your coach to set yourself challenging and stretching goals that you *will* achieve, call me on 01303 277132.

Wise words...

"Think of yourself as on the threshold of unparalleled success. A whole clear, glorious life lies before you. Achieve! Achieve!"

Andrew Carnegie

email: info@breakthroughcoaching.co.uk
phone: 01303 277132
web: <http://www.breakthroughcoaching.co.uk>

[If you liked this newsletter, why not share it with your friends? Click here to forward...](#)

✉ SafeUnsubscribe™

This email was sent to info@breakthroughcoaching.co.uk, by

info@breakthroughcoaching.co.uk

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Powered by



Breakthrough Coaching | 6 Quested Road | Cheriton | Kent | CT19 4BY | United Kingdom