

Be Inspired!

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Hi everyone, welcome to this month's edition of Be Inspired!

As I write this, the sun is shining and it feels as though summer is finally here. Long may it last - it's been long overdue! I hope that you are managing to make the most of it.

This month we focus our thoughts on the things that we're not doing. Are you busy doing nothing? Read this month's article to see where you stand. I hope it will challenge your thoughts and provoke some positive action.

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Congratulations go out to the winners of last month's coaching competition (C.Richards and H.Civil) - I'm looking forward to working with them.

I'd love to hear your thoughts and feedback about anything in this issue - send me an email at marcia@thelifebureau.co.uk.

If you enjoy reading this, please forward this newsletter to your friends, family and colleagues.

Until next month, read on, be inspired and above all - take action.

Best wishes,

Marcia

Do you have a favourite quote that you'd like to share?

Email your quote to marcia@thelifebureau.co.uk and it may be used in a future issue.

QUOTE OF THE MONTH

Charles Buxton

*You will never find time for anything.
If you want time you must make it.*

ARTICLE - What are you not doing?

Isn't it funny how some days you can be doing lots of things, feeling really busy, but yet you get to the end of the day and realise that you haven't *done* anything. All the things on your 'to do' list are still there, half completed, or not started at all and you end up saying to yourself - 'I feel like I haven't achieved anything today'.

I had one of those days yesterday - I did plenty of 'stuff', but didn't really get the important things done. I somehow seemed to not do the things that would make a difference, have me prepared for forthcoming meetings, save me rushing around at some point later this week. There was plenty of doing and starting - including this newsletter (!) - yet I didn't seem to finish anything. Days like that make me feel horribly unproductive.

'Funny how you make the time... when it's become an I-have-to-do-it-now-before-it-becomes-an-emergency task!'

Have you ever had one of those days?

Strangely enough, when I knew I had to be at badminton by 6:45pm that evening, I was able to focus my energies to pack my sports bag, get myself ready and out the door in less than 15 minutes. Funny how you make the time and get things done in no time at all when it's something you don't mind doing, or it's become an I-have-to-do-it-now-before-it-becomes-an-emergency task!

How about you? What are you not doing? It could be something as simple as getting up when the alarm goes off instead of snoozing it for 10, maybe 15 minutes (it was a late night after all) and then having to race around trying to get out the door to get to work on time.

It's not just about the things you do at work, but the things that will make life easier, a bit less frantic, with fewer dramas. It also means doing the things to look after yourself and your well-being.

- Are you busy not preparing for that meeting that you have to contribute to later?
- Are you busy not paying your credit card bill, which means you'll be fined a penalty charge simply for not getting it paid on time?
- Are you busy not filling in that application form, which means you'll be rushing to complete it, not presenting yourself in the best light to that potential employer?
- Are you busy not fixing the leak in the bathroom, which will only get worse if you don't do something about it soon?
- Are you busy not making an appointment to see the dentist to see about that sensitive tooth, which seems to be niggling you more and more of late?

'So the question is - what are you not doing?'

On the flip-side, I can also have days where I complete no end of tasks, I plough through my work, getting things finished, doing my jobs at home and how great are those days?

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I'm determined to have one of those days today - or is it that I *need* to have one of those days today?!

So, the question is - what are you not doing? Are there things that you're putting off that need to be done? Things that would make your life easier, less stressful, less hurried if you only got on and did them now, instead of waiting until the last minute?

Make the time to do something important today and get it finished.

Busy Doing Nothing

Whilst I was writing this month's article I remembered a song that we used to sing as kids which included the lyrics 'we're busy doing nothing', which are pretty relevant to this month's theme.

*'We're busy doing nothing, working the whole day through;
we're trying to find lots of things not to do.
We're busy going nowhere, isn't it such a crime?
We'd like to be unhappy but we never do have the time'.*

Having looked it up online, the lyrics are by a group called Peter and the Test Tube Babies (!?!), however I'm guessing I'm remembering the tune from the film 'A Connecticut Yankee at King Arthur's Court', not that I have any recollection of this film! Perhaps it features somewhere else - does anyone else know? Does anyone else remember it?

If you don't know it or need your memory jogging click on the link below to see it being sung by Bing Crosby, William Bendix and Sir Cedric Hardwicke.

Be warned - it's kinda catchy!

http://www.dailymotion.com/video/x2p4x8_busy-doing-nothing_people

Are you busy doing nothing?

- ✓ Are you avoiding important things that need to be done?
- ✓ Do you want to plan and use your time more effectively?
- ✓ Are you ready to take **action** and start achieving **more** in your life?

If you've answered **yes** to any of these questions, then **coaching** may be the next step for you.

To schedule your complimentary 30-minute telephone coaching session to explore how coaching could help you to change your life send an email to marcia@thelifebureau.co.uk or call Marcia on **020 7978 8375**.

Testimonial

'We spend so much time and money on our physical appearance (joining health clubs, clothes and shoes etc) I was amazed at the areas which we don't focus on in our busy day to day lives.

Life coaching really helped me to focus on what was important to me and how to get the most out of life. Marcia was patient, understanding and professional in her approach'.

Denise, Head of Sales & Marketing

ACTION STATION
(Pen and notepad at the ready!)

- Are you busy doing nothing? What things are you putting off from your 'to do' list?
- What are you not doing?
- What will you commit to finishing today, in good time, instead of leaving it to the last minute?
- Remember the theme tune. Make sure you're busy doing something.

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If you have received this newsletter from a friend and wish to subscribe please email marcia@thelifebureau.co.uk

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