



## **E-Mail Newsletter**

January 2009

Welcome to 2009

Happy New Year to you. Hoping that your Christmas/New Year period was relaxing, fruitful and gave you the opportunity to reflect.

This first newsletter for 2009 aims to provide you with a point of reflection both of the past and the future.

I do hope that you find something of interest and welcome your feedback if any. Please feel free to pass on this newsletter to others who may be interested.

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### **Reflecting on 2008**

This is often the time of year when we spend time reflecting on the year that has been.

Was 2008 the year you wanted it to be ?

What were some of the highlights for you ?

Spend some time right now and make a list of 5 things that went well or were moments of significance.

Acknowledge yourself for your successes – no matter how small they may seem. We can all so easily focus on the negatives, but for just a few moments lets reflect on what was positive.

Now having completed this activity, ask yourself – What could I be doing better ? Allocate some time over the next few days while things may still be quiet to work out what you want in your life and where you are in relation to those goals. Having defined the gap, what actions need to happen to make that goal a reality in 2009.

Having done this, think about what support you may need to help you achieve those goals. Support may be in the form of reading material, a close friend, a course or maybe the help of a coach.

The following statistics around the probability of completing a goal may be of interest.\*

10 % if you hear an idea

25 % if you consciously decide to adopt it

40 % if you decide when you will do it

50 % if you plan how you will do it

65 % if you commit to someone else that you will do it

95 % if you have a specific accountability appointment with the person to whom you committed.

A coach is there to support and motivate you. They are your advocate when you feel stuck and keep you accountable for doing the things you say you are going to do.

And remember to make those goal SMART – Specific, Measurable, Achievable, Realistic and Timely

To assist you to make a start, select one area you would like to set a goal for and consider the following accountability questions

1. What will you do ?
2. By when ?
3. What does finished/success look like
4. How will you let me or someone know ?
5. What are the consequences of not doing it

\* American Society for Training and Development



## Unconscious Potential™

### Doing Great Work

Work can be divided into three categories – Bad Work, Good Work and then there's Great Work.

Further, work is also not necessarily something that we do to earn an living but can equally be something we do for no income (e.g. chores around the house, exercise) or something we do for pleasure (time with family, partner) etc

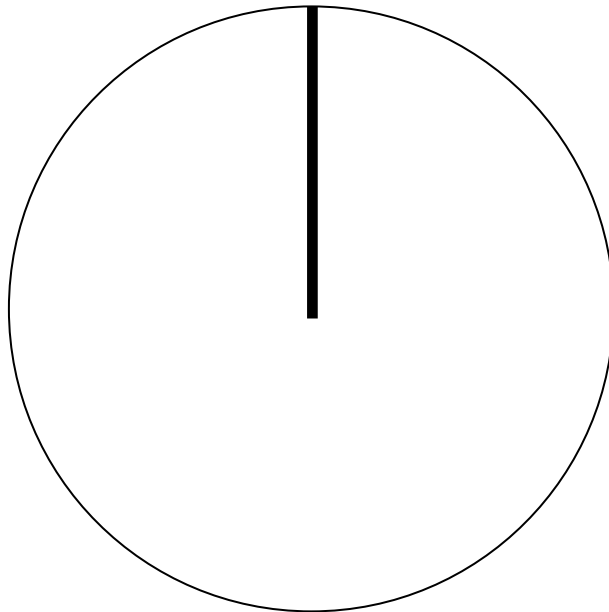
Bad Work is work that is a waste of time and energy.

Good work is the useful familiar productive work you do and do well.

Great Work is work that matters, inspires, stretches and provokes. It is a place of both comfort and discomfort. Comfort comes from the connection to what matters to you, the “flow”, the “zone” it generates. The discomfort comes because the work is new, is challenging and as a result there's an element of risk and possible failure  
Great work is work that matters, work that you care about.

What is Great Work to you ?

Think about a typical week or typical day. On the chart below, map out the portions of bad, good and great work and within that portion make a note of what you define as bad, good or great work. Everyone has there own definition and that's what matters here.



There are a number of truths about great work. These include:

1. Things get interesting when you take full responsibility for the choices you make
2. To do great work, you need to look more intently on who you are and what matters. Changing your focus changes what is possible
3. To do great work you need to make two choices – what you say “no” to and what you say “yes” to
4. To do great work you must be willing to take a stand, ruffle a few feathers and reset expectations
5. Great work is not a solo act. You need to draw on the wisdom, experience and compassion of those around you. Welcome others in your journey



## Unconscious Potential™

The realisation of your dreams and goals is about doing Great Work.

In considering your goals for 2009, make them Great Work over the coming twelve months. Not only will Great Work be a way to achieve your goals but will make each and every day an enriching experience. It is not just about achievement of the goal, but equally about the journey, the friendships, the learnings and growth you experience.

Source: Find Your Great Work – M. Bungay Steiner

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### **To Ponder.....**

*“Great things are not done by impulse but by a series of small things brought together.”*  
(Vincent van Gogh)

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