



# Cairn

One step at a time

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clare evans

personal & business coach

[www.clareevans.co.uk](http://www.clareevans.co.uk)

A Very Happy New Year to you all.

Welcome to all new subscribers since last month.

I hope you had a good holiday and that you're not finding it too difficult getting back into work mode. I spent both Christmas and New Year down in Somerset with friends. Also stopping off to see family on the way down and back – spending much of the time doing very little. I even managed to leave my laptop behind and as I can't get mobile phone coverage down there managed to leave the technology pretty much alone for almost two weeks.

Thanks to the prompting of one kind reader, who contacted me within minutes of my newsletter hitting his inbox, I now have a brand new external hard drive on which to back up all my data, so on the inevitable day when it does decide to give up – I won't lose any of my important information. Backing up onto CD is all very well but there's a limit to how much you can store and the frequency and of course if it's important it won't have been backed up. Just like when you're typing up a really long and important document in Word and your PC decides to crash just as you come to the end and of course you haven't saved it and you can't remember what you put and it never quite comes out the same second time around, so you groan and tear your hair out and promise to go out and get that back-up drive.

Probably, like most of you I spent much of the time, eating, drinking, consuming far too much chocolate, watching terrible films on TV or catching up on DVDs, playing games of Trivial pursuit – that stretched the old grey cells, and doing jigsaw puzzles with their two girls – passing the time on a dark, grey afternoon. Despite my attempts to turn into a couch potato, I did manage to get out running a few times, after all with the half-marathon coming up in a few weeks time, I couldn't afford **not** to do anything for two whole weeks.

My sponsorship page is still open so if you'd like to make a contribution it only takes a couple of minutes and any amount is most welcome. <http://www.justgiving.com/clarehalfmarathon> You will also be able to keep up to date on my progress in my blog – once it's back up and running, as I haven't been able to access it to add more posts since the beginning of December.

Enjoy the rest of this issue.

- Time for coffee
- Recommended Reading
- What's Happening
- Website of the Month
- Monthly Quote

### Time for coffee ...

I thought it was about time I shared this story with you. It's one I heard a few years ago when I very first started coaching and often gets passed around. You may have heard it before but it's relevant to

life at the moment particularly at the start of a New Year when no doubt some of you have already made your 'New Year Resolutions'.

*A professor stood before his philosophy class. When the class began, wordlessly, he picked up a very large and empty jar and proceeded to fill it with rocks.*

*He then asked the students if the jar was full. They agreed that it was. So the professor picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the rocks. He asked the students again if the jar was full. They agreed it was.*

*The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up the space between the rocks and the pebbles. He asked once more if the jar was full. The students responded with a unanimous "yes."*

*The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand.*

*The students laughed. "Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life.*

*The rocks are the really important things --- your God, your family, your children, your health, your friends, and your favourite passions --- things that if everything else was lost and only they remained, your life would still be full.*

*The pebbles are the other things that matter like your job, your house, and your car.*

*The sand is everything else, the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the rocks.*

*The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.*

*Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18.*

*There will always be time to clean the house and fix the disposal." Take care of the rocks first, the things that really matter. Set your priorities. The rest is just sand."*

*One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a coffee with a friend."*

So how do your New Year Resolutions relate to the 'rocks' in your life? Whether it's to lose weight, get fit, stop smoking, drink less, eat more healthily, make more money, spend more time with your partner, family or friends.

You can use the [Life Wheel](#) to identify the important areas of your life that might need some attention. See where you'd like to focus your energy over the next twelve months.

Most New Year Resolutions somehow lose their momentum and dwindled to nothing by about February/March. The gyms are packed in January with all the new members who start in January wanting to get fit and lose weight but have given up by March.

What do you want to do this year and how will you make your resolutions stick? If you'd like my New Habits Checklist to keep you on track, just drop me an email and let me know and don't forget to find time for coffee.

### **What's Happening – Teleclass:**

Two coaching packages for the New Year.

**Start The Year** - three 30 minute coaching sessions for only £120 (\$230)

**Get Into Action** – nine 30 minute sessions for £360 (\$700)

The Teleclass schedule is taking a break for January but there will be classes and workshops scheduled for the rest of the year.

**Recommended Reading: How To Develop a Brilliant Memory – Dominic O'Brien**

We could all do with a little help on the memory front so following the maxim of 'use it or lose it', use some of the techniques in this book to improve your recall of names, numbers, facts, presentations etc.

<http://www.amazon.co.uk/exec/obidos/ASIN/1844831531/clareevans-21>

**Useful Website: [www.ourproperty.co.uk](http://www.ourproperty.co.uk)**

If you want to find out the price of property in your area – just register on this site and you'll get a regular update or search other areas.

**This Month's Motivational quote:**

*"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." [Lou Holtz]*

If you enjoy receiving this newsletter – please pass it on to your friends and colleagues.

To create your own Goals Report for your 2007 Goals just click here.

<http://www.freegoalsreport.com/cmd.asp?a=105065&id=1627>

Have a great start to the New Year.

Clare

P.S. If you were forwarded this issue of the newsletter you can register to receive your own copy each month by sending a blank email to [claresnews@aweber.com](mailto:claresnews@aweber.com).



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