

## Doing what Works

Each month I write this newsletter and consistently since 1st December 2006 I sit in front of my keyboard staring out of the window at the top of the trees and the sky, listening to some inspiring music and feeling almost compelled to write the newsletter around the first of each month and getting it done. This month I'm sitting here on the 19th March wondering what to write for the March newsletter which was due to go out on the first of this month. This reminds me of the other day when I was speaking on the phone to one of our NLP Practitioners and he asked for help for his wife who was having difficulty writing what she wants to write, commonly known as writer's block. I realised this morning after I completed a coaching session that sometimes I remember to do what works and other times I forget and this led me to start to think about the importance of timing and the difference between external "measured" time and internal time (or timing) and doing what works. How do I remember to do what works when my timing is really on and I am inspired and in the moment and getting things done?

So I sit here in front of my window and listening to the music and writing this newsletter easily. The way that works for me is to pose questions, write them down, sleep on it and then visualise myself sitting at the keyboard, writing this newsletter and creating an environment with music and light and then getting things done. So I started to think and you may be curious what do you do well, that really works and how do you remember to do it consistently?