



## Quick Links

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## Quarterly Quote:

*"I long to accomplish a great and noble task; but it is my chief duty to accomplish small tasks as if they were great and noble."*

*-Helen Keller*

## Great Link!

*Noticing the extraordinary*

Chimamanda Adichie, a Nigerian author, shares her views on the power of stories and the danger that hearing only a single story about a people or nation leads to ignorance. (19:16 min.)

[www.youtube.com/watch?v=D9lhs241zeg](http://www.youtube.com/watch?v=D9lhs241zeg)

Greetings!

Happy New Year! I find the end of January to be an interesting time in the calendar. The holiday decorations are back in their boxes (hopefully!), the last of the cookies have been eaten, and the new year's resolutions I jotted down aren't so fresh and exciting anymore. With the days still short and fewer external distractions, I find myself bouncing around in my mind a little bit- and I notice a bit of tension with those goals I so optimistically invented a few weeks earlier in a moment of possibility for the future.



So now that the adrenaline has worn off, how do I move forward with my commitments when I feel the couch calling me to curl up and go back to my familiar ways? I invite you to explore this topic with me.

Warmly,  
Kerry

## Simple vs. Easy

*A Distinction*

"Just do it!" the 1980s popular Nike ad proclaimed, and while there may be some truth to that in attaining goals, it can also lead to frustration and disappointment, a let-down when you find that your good intentions don't always hold up when the going gets tough. Simple does not equal easy. And I find that acknowledging that when taking on something new can often be invaluable in setting yourself up for success.

I worked with a client who wanted to stop snapping at his staff. When we probed about a particular instance and looked at what contributed to the blowup, he realized, "I was starving when we met!" Turns out he never ate breakfast before heading into the office, and by 10:30am was famished, but didn't eat lunch until noon. He immediately committed to eating breakfast daily and we moved onto other things.

But in the next two weeks he acknowledged he only succeeded in eating breakfast a couple of times. Simple, it turns out... but not so easy. Not until we took a deeper look at what got in the way and anticipated possible solutions did he find a way to make it happen. For him, buying breakfast bars to eat during his commute (he didn't like eating first thing in the morning) and having a month's supply of healthy snacks in his office (so he wouldn't have to think about it weekly) were two specific shifts he made. It was planning for the breakdown that enabled him to succeed in this goal that was a small but important aspect of how he managed conflicts with others. What's not so easy about a current goal you have and what are some possible solutions?

## Reflection Exercise

*Moving from Theory to Action*

*To help you create more success around your goals, take some time to reflect upon and answer the following questions (actually take a minute and write it down):*

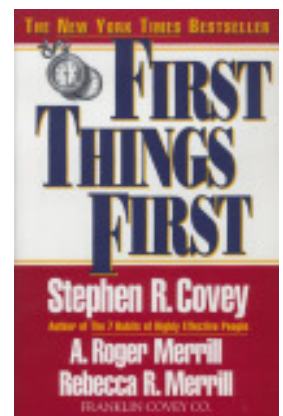
- Is this goal realistic and reasonable for where you are now? (i.e. do you want to run a marathon next week and your exercise currently consists of walking to your car?)
- Knowing yourself, what may trip you up when things get hard?
- What preparation can you take now to prepare you for those times?

## Book Review

### First Things First

Stephen Covey

Given that it's the new year, I wanted to share a favorite book of mine on creating a more fulfilling work and personal life. In First Things First, Covey skillfully outlines a process to help you clarify, prioritize and implement your goals. One focus I particularly appreciate is his attention to the interdependency of our lives. Covey recognizes that a highly satisfying life is highly dependent upon our relationships with others, and he identifies ways to create more synergy in our lives. This book is a classic that can be referred to again and again- definitely worthy of being added to one's library.



Kerry Secrest is a leadership coach for individuals and organizations who inspires the best in individual and organizational performance. For more about Kerry, see: [www.watershedcoachingllc.com/about.html](http://www.watershedcoachingllc.com/about.html).

Please feel free to contact me with comments, questions or to find out how I can help you or your organization!

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## Reviews

“Very inspiring and motivational!”

–Participant evaluation from Kerry’s recent 200-person keynote address “Maximizing your Effectiveness, Especially In A Downturn” at Mohegan Sun in CT.

## Your Thoughts?

*Engaging in dialogue*

I’d love to hear your reactions and thoughts to this newsletter. To drop a note, email: [kerry@watershedcoachingllc.com](mailto:kerry@watershedcoachingllc.com)

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