

# Attitude/Emotion Cycle

This cycle is inevitable any time you are growing! With growth comes 'growing pains.' Only through these growing pains can you truly taste victory. Remember, everyone who is where you want to be has grown into the position!

Stage 1: Excitement  
Enthusiastic outlook

Stage 2: Frustration  
Postponements  
Obstacles  
Friends won't book

Stage 3: Shock  
They said it would be easy!

Stage 4: Denial  
Withdrawal  
Avoid Meetings  
Negative

Procrastinate  
Take on more projects at J-O-B

Stage 5: Fear  
I can't do this!  
Maybe this isn't for me.  
They didn't tell me  
Blame anyone, company, recruiter, kids,  
anyone but yourself!

Stage 6: Derailed  
I never wanted my own business anyway.  
I've always loved my job—it's fulfilling!  
The hours aren't that bad.  
Quit and forget dreams

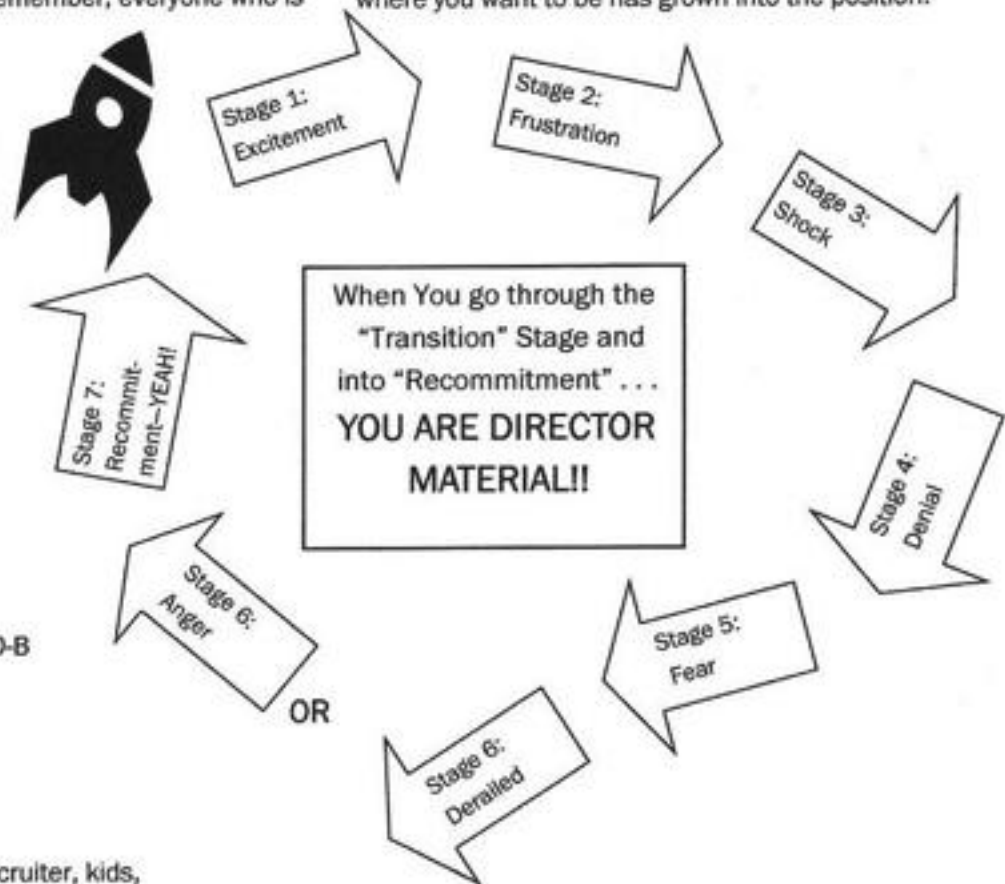
OR

Stage 6: Anger  
Get angry at yourself  
Admit and recognize your feelings  
You alone are responsible for your own  
success/failure

Transition begins

Stage 7: Recommitment  
"It's not like me to give up, not reach my  
goals and get discouraged."

Get excited again!  
Send positive message to brain—become realistic  
Share with colleague  
Get back to meetings



OR

**"Some women think it's acceptable to sacrifice their own growth for their family's sake. What they don't realize is that their growth excites the whole family and gives its members permission to grow, too. Never turn down an opportunity to grow."**

**—Mary Kay Ash**

## From my heart to yours—DO YOU NEED AN ATTITUDE CHECK?

Use the following to check your ATTITUDE (as shared by Allison LaMarr on her brilliant Pacesetters class) so your New Year transition can begin:

1. Are you defeated by those who have broken promises to you or have let you down?
2. Have you looked for someone else or a condition to blame when you haven't met your goal? Or have you even set goals?
3. Have you failed to plan your days and become frustrated because you felt you weren't accomplishing anything?
4. Have you compared yourself to someone else instead of deciding your own priorities and sticking to them?
5. Have you judged your business in dollars only, instead of looking for someone to be a blessing to today?

*Lisa Allison*