# Feelings Wheel

Observe support videos @ www.krystalshada.com ~ Resources ~ New Consultants ~ Welcome Video ~

#### Stage 1 New Consultant

- **Attend Success Meetings**
- Send Positive Feelings to the brain, "I can do this!"

# Stage 2 Frustration

- Cancellations
- Obstacles
- Friends that don't book

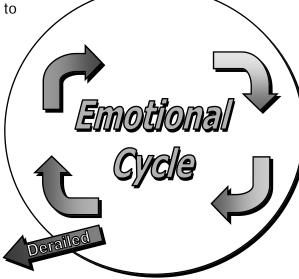
- Stage 8 Back to Stage 1, & stay there
- Be realistic!
- Tell yourself, "It's not like me to not reach my goals, and to be discouraged."

# Stage 7 Anger

- You get angry at yourself
- Admit & recognize your feelings...You alone are responsible!

# Stage 6 Anger

- "Why didn't they tell me..."
- "They lied to me."
- You blame the company, your recruiter, or your director... everyone but yourself.



#### Stage 5 Fear

- "I can't do it!"
- "Maybe this isn't for me."
- "Selling isn't for me."

### Stage 3 Shock

- I can't believe it
- "They said it would be easy."

## Stage 4 Denial

- Withdrawal
- Procrastination
- **Avoid Success Meetings**
- \* Cook and/or sleep a lot!

When you go through this cycle, go through it FAST! Continue to attend Success Meetings, and remember to always "reach up" to your director when in need (share your frustrations, etc.). Success will follow.

There is no gain without pain. Expand your comfort zone. Frustration ALWAYS precedes growth or retreat.

Imagine a fork in the road. When frustration hits, you can take the "growth" path, or you can take the "fear and retreat" path. CHOOSE GROWTH! The choice is YOURS, and only one thing will get you out of Stage 4...ACTION!

Read motivational books, listen to positive CD's, and call someone who is in your "Amen" corner. This person is someone who is CONSISTANTLY POSITIVE, and makes you laugh! AVOID NEGATIVITY!!!!!!!

I am here to help, and I care very much about your success, however, I can't help you if I don't hear from you. Remember, you will start to succeed JUST WHEN you most want to guit! Hang in there, and you too will be among the ranks of the MOST SUCCESSFUL WOMEN IN AMERICA - both personally and professionally.