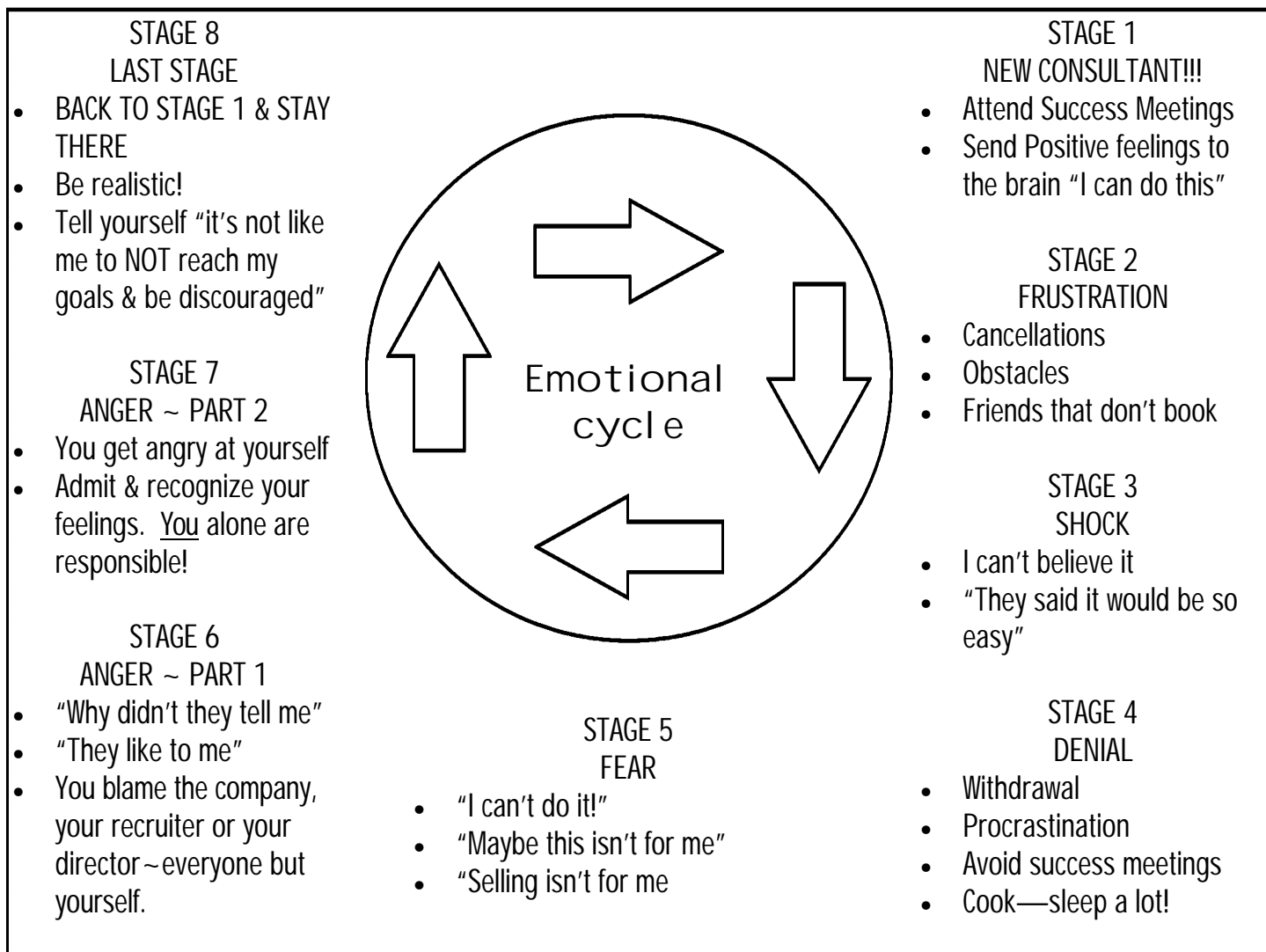


# Feelings Wheel



When you go through this cycle, go through it FAST! Continue to attend success meetings & share your feelings with your colleagues—one who has successfully gone through this herself. Remember to always "reach up" to your director when in need (share your frustrations, etc.). NEVER share with your sister-consultant's or team members. 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 either take the "growth" path or the "fear and retreat" path—CHOOSE GROWTH! But the choice is YORS—only one thing will get you out of stage 4—ACTION! Read motivational books, listen to positive tapes & call someone who is in your "AMEN" corner (someone who is CONSISTENTLY positive and who makes you LAUGH!) - **AVOID NEGATIVITY!!!!!!!**

I am here to help and care VERY much about your success, but I can't help if I don't hear from you. Remember, you will start to succeed JUST WHEN you most WANT TO QUIT! Hang in there, and you too, will be among the ranks of the MOST SUCCESS WOMEN IN AMERICA—both personally & professionally. I BELIEVE IN YOU!