

# The Cycle of Emotions

There is a circle of emotions that we go through as consultants. We all start out at the excitement level. Everything is new, and things are going great. However, nothing in life stays at the excitement level the whole time. Things go wrong and facials get cancelled, and we get frustrated. If frustration continues, we go into crisis. Crisis is the easiest stage to quit anything. What should you do when everything is going wrong? When all you want to do is give up? Call your director! I WANT to hear from you when things are going wrong. I can help you (I've been through it, too!), and encourage you, and share ideas. Then, you can get through the crisis to recommitment and back to excitement. I will never leave you to struggle on your own, but I need to know so I can help! Remember: "It's what you do when you're down that determines your success."

