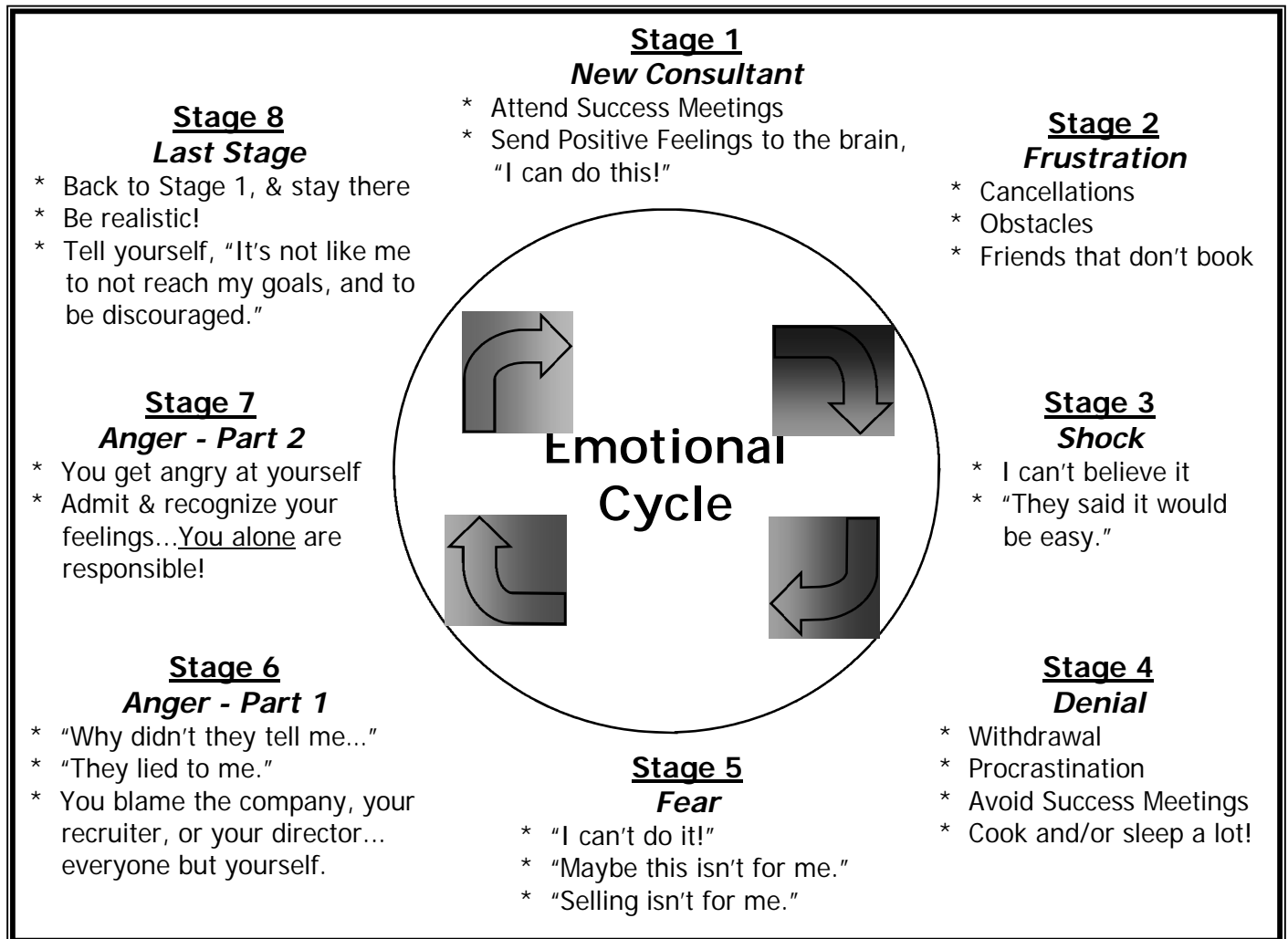


## Feelings Wheel



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 quit! Hang in there, and you too will be among the ranks of the MOST SUCCESSFUL WOMEN IN AMERICA - both personally and professionally.

**!!! I BELIEVE IN YOU !!!**

