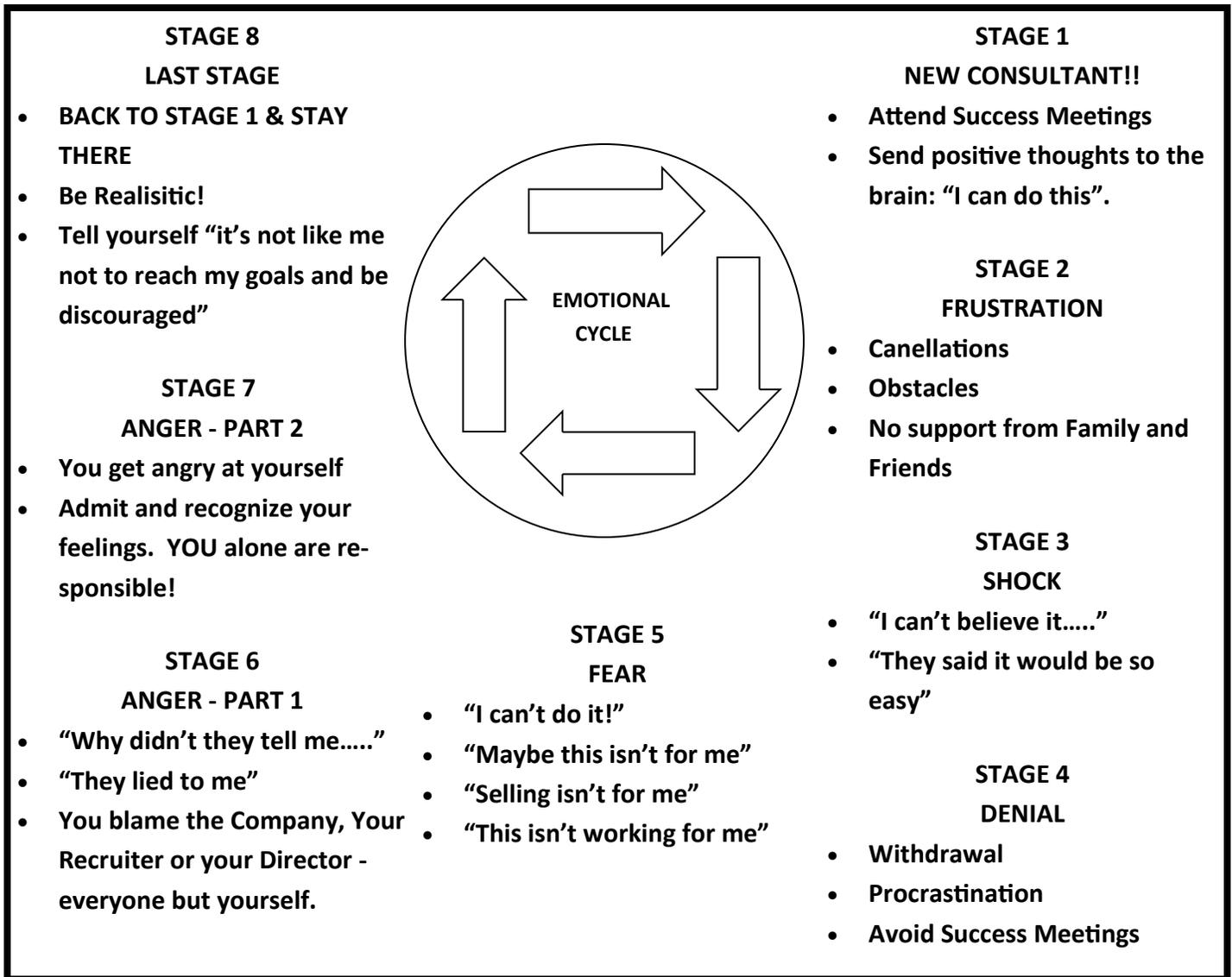


FEELINGS WHEEL



When you go through this cycle, go through it **FAST!** Continue to attend your Success Meetings and share your feelings with a Sister Consultant 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 New Consultants or team members. Success will follow.

There is no gain without pain (although, starting & building a new MK Business is not painful!). Expand your comfort zone. Frustration often precedes growth or the decision to retreat. Imagine a fork in the road when frustration hits. You can either take the “growth” path or “fear & retreat” path. **ALWAYS choose GROWTH!** But the choice is yours. Only ONE THING will get you out of Stage 4: **ACTIVITY.** Also helpful: read motivational books, listen to positive messages, reach up and call someone in your “AMEN” corner, and avoid negativity!

I am here to help and care very much about your success; but I can’t help you if I don’t hear from you. Remember, you will start to succeed just when you 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!**