

tips to help you...

get unstuck This year

1. Stop thinking you are **fragile**.

Test your abilities. The more you assert control over your career, the stronger you will become!

2. **Eliminate “wish”, “hope”, and “maybe”** from your vocabulary. Instead of saying, “I hope things get better” say, “I will make things better.” Make a decision and then make it happen.

3. Stop worrying about the obstacles. The best antidote for anxiety is action! Stop worrying about how you are going to solve everything, and just take the first step. If you are looking for solutions instead of bemoaning the problem, the solutions will present **themselves to you as you go**.

4. Do away with ambivalence. Are you doing what you want with your career? If not, then do something about it. **You are not a victim**...take a stand for what you believe in and be willing to risk a little.

5. **Choose a dream and start making it a reality**. Once you start achieving small steps towards your goals, you'll feel like a winner and act like a winner. Don't try to eat a whole elephant in one giant gulp, but don't sit there and just stare at it either. Get going and take the first tiny bite.

6. **Wing it sometimes!** You don't always have to have a complete plan and “know

everything” to begin. Follow your intuition sometimes. Play a bunch. Trust your instincts, and you'll find that the little inner voice becomes easier and easier to bear.

7. **Stop procrastinating**. Putting off things is a habit that can be changed. Use your 6 most important things list everyday. Take joy in crossing off the things you've accomplished. Items that remain, become tomorrow's list.

8. **Let go of old labels you've used to describe yourself**. Stop making excuses for why you haven't succeeded. Try some new positive affirmations. Up until today, you were what you were. From now on you can choose to be the same, or you can choose to change.

9. Conquer your fear of failure. This is nothing more than worrying about what other people think of you. Who cares? Do it for you. **If you feel good about it, what does it matter what others think?**

10. **Learn to cope with fatigue**. Your energy level is directly related to your attitude and your finances. You aren't tired, you're broke! Learn discipline in your business and master balances in your life. Mary Kay is supposed to be fun, but success requires hard work. When you work, work hard. When you play, play hard. Wherever you are, be there!