

The intention of the following thoughts & checklists are to perhaps bring you into thinking some new thoughts and to raise awareness. These represent years of learning, personal growth & skill techniques. Embrace them as you are ready to receive or as they become applicable to your life!
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Preparing For and Creating 2018 Mentally Do the HEART WORK not the hard work!

KEYS TO KNOW (from a variety of resources)

- “Thoughts are measurable and occupy mental “real estate.” Thoughts are active; they grow and change. Thoughts influence every **decision, word, action, and physical reaction** we make.” “Thoughts are not only scientifically measurable, but we can verify how they affect our bodies. We can actually feel our thoughts through our emotions. Emotions are involved in every thought we build, ever have built and ever will build.” Taken from “Who Switched Off My Brain?”
- “The words you **mutter** to yourself have the power to encourage or discourage to motivate or deflate to generate joy or to repel it. When you use your mouth to argue for your limitations, you get to keep them. The words you use today will create the world you’ll be experiencing tomorrow.” Taken from the “4:8 Principle” **The key word is mutter.** It doesn’t have to be spoken to someone out loud. Just the mutter to yourself silently has the power to create.
- The benefits of being in the present moment include: **Increased enjoyment and joy; reduced stress, better relationships, getting things done.** The past is like carrying a gunny-sack on our back that we are projecting into our future. In the future we are worrying or being anxious that things might go wrong or that we might mess up or hoping or dreaming for things to come. **The present is what is happening right now. The only thing you can control is what you are thinking, doing, or saying right now!** So how do you stay in the present? The magic formula is to **PRACTICE, PRACTICE, PRACTICE!** Tip: Anytime you find yourself leaving the moment to go to the past or future, **breathe deeply.** Smell the flowers through your nose breathing in making your stomach full and then blow out the candles through your mouth breathing out and deflating stomach making it at it’s skinniest. Quickly get in the moment by resting your tongue on the roof of your mouth.
- While school is never out for the pro, the pros are putting to use what they know while they are learning some more! It is not what you know but what you do with what you know that makes the difference! **ACT** on what you know! Take **action!** Do It Now...DIN...DIN...DIN!
- 3 Elements of Change: Desire, Intent & Persistence
- 5 Stages of Change:
 1. Pre-contemplation—Don’t know what but something
 2. Contemplation—Someday I will
 3. Preparation—I am going to do it soon
 4. Action—Right Now
 5. Maintenance—Keep doing it until I get there with regular evaluations of progress
- Change happens when it’s fun, new & exciting. Make it something with a big WHY! What is it going to look like? This engages the creative part of the brain. Imagine the life I want to create!
- It’s not really changing but creating new pathways in the brain through repetition!
- “Dreams come in a size too big so that we may grow into them.” Jost Billings
- *It’s pretty obvious that we can’t be happy, vital, and loving while we’re making someone wrong, dominating someone, being right or justifying ourselves—one displaces the other. This is where choice comes into the picture.* Larry Pearson, Landmark Forum Leader
- Women can be quite resistant until they become emotionally engaged by something they want, why they want it & how it will make them feel backed up with the logic of why they should have it. Their buy in comes with the feeling that gets created by your level of conviction, belief and confidence that you can help them get what they want.

- _____ Am I choosing my thoughts and my words wisely?
- _____ Do I react (based on past experience) or respond (in the present)?
- _____ Do I have a habit of living my life either in the past or in the future which means I am missing the present?
- _____ Do I act on what I know while I invest in myself by continually learning more?
- _____ Do I understand that my Mary Kay business is simply a tool to create what I want my life to look like while I make a difference by adding value to other people?
- _____ Do I know what I am intending to create for my life and what I want my life to look like? Is it written? Is it posted in at least 5 places to remind me daily?
- _____ Am I committed to making what I want to happen by making & carving out the time to do it or am I just doing it if I have the time?
- _____ Am I looking for the hidden treasures that could be buried in my MK Starter Kit that I would like to experience this year?
- _____ Am I someone who invites drama (stirring the pot), handles drama (giving the benefit of the doubt) or repels drama (not making or taking time for it?) By the way, people have their own unique drama, they don't need yours.
- _____ Do I invest in myself by showing up, by learning through listening and reading? When I invest in myself, I increase my value to others!
- _____ Am I able to deal with rejection and understand that it is not about me, it's about where they are in their life presently which could change in any moment.
- _____ Am I being a thermometer registering everything that is going on around me,,circumstances, weather, children, physical problems or being the thermostat setting the temperature for myself?
- _____ Is there someone or some people that I have been judging, making wrong, or not for giving that I need to give my love back to?
- _____ Are the things that I have been tolerating that I need to set some boundaries around?
- _____ Do I have a high intention for what I want to achieve but a low attachment of how that it will come together and who will be a part of that journey?
- _____ Do I have a good understanding of group dynamics and the power of a sense of belonging, fitting into a group where everyone is accepted and approved of? Do I know how to create that feeling?
- _____ Do I have a game plan and a specific written goal for the next 6 weeks to 90 days that will take me in the direction of my intentions?
- _____ Do I judge myself on whether I follow the game plan instead of the results I get?
- _____ Do I know what is the one thing that I can do that get me back in the saddle when I fall off the horse?
- _____ Do I know what drives me to create the life I want?