

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How to deal with mistakes

By Andre Plessis

How to deal with mistakes by Andre Plessis

This is the final Newsletter of the year. I do hope you had a great year. Many of you probably wish things could have been better. May be you could have made better judgments in some occasion. I am sure that if you could see the future, you would have taken a different approach or decision.

I think it is important to realize that those little errors and misjudgments you had will help you grow and learned from them. The most important thing you need to realize is that it is almost impossible to succeed instantly in anything you undertake in life. In order to grow, we all need to learn. And you can only grow with experience and by making mistakes. When you make mistakes, (which you will in the course of your personal or business life), you analyze them, then you make the appropriate decisions to change what you did. Now you probably understand what I was saying above that it is almost impossible to grow without making mistakes and encountering obstacles. In order to grow you need to know what works and what doesn't. As you learn from your mistakes, you rectify them and you can grow.

"I learned more from the one restaurant that didn't work than from all the ones that were successes."

- Wolfgang Puck, chef, restaurateur

The important thing is not to be upset but to see something positive in everything that happens to you. Remember the proverb. Every cloud has a silver lining. Let me give you a perfect example. At the end of my second year in business I realized that I would have done better if I had used U.S call centers instead of Indians call centers. I even consider that it had been a mistake. I asked my partner to find a U.S call center and she did through a B2B website. When I learned about such a service I thought it was so a great idea and I decided to launch a website that would offer the same service. WOW! This business is a great success and has brought my company GREAT REVENUES.

One important thing is to evaluate your situation regularly. Don't wait till the end of the year to find out what you accomplished during the year. If you do that at the end you are most likely to be unsatisfied with your yearly sales revenues.

How to deal with mistakes

I would suggest you to make an analysis either every week or every month. Try to set up some realistic goals and make a plan to reach your goals. By analyzing your situation periodically you are most likely to accomplish your goals rather than wait till the end of the year to see what you have done in regards to sales.

By analyzing your situation regularly you make sure to be on top of everything and if you notice that you're not reaching your goals then you will make the appropriate decisions early enough to reach them.

One of the best ways to reach your goals is to write them down. Writing down your goals is an important first step towards achieving them. First, because by writing them down it forces you visualize

your goals. And second, because the act of writing them down creates a commitment on your part. A Harvard study of their graduates over thirty years found that there was only a small percentage (3%) of them who actually wrote down their goals and these were the most successful! Maybe that is why so few people actually are living the life that they would like to be living.

Polls show that 90% of all Americans consider themselves middle-class. About 70% of Americans make less than \$50,000 a year. In 2001, 1.3 million more Americans slipped below the federal poverty line, set at \$18,100 a year for a family of 4. That's 33 million Americans at risk of hunger, including 13 million children. Nearly 8.5 million people, including 2.9 million children live without enough food, let alone medical care. Those people are 11.7% of the population. Median income is \$44,000 a year for a family of 4. Median means half the people in this country live on less than that, many of them on a lot less. 1% only of Americans make more than \$373,000 a year.

Most individuals will have a hard time understanding and believing that if you write down your goals you will accomplish more and I agree with you it sounds unbelievable. But the truth is that it will be a lot more difficult to achieve something if you do not write down your goals.

Just think about it. How can you possibly accomplish something if you do not have a road map? You need to visualize it, so write down a plan to achieve your goals.

It is also extremely important to review your goals frequently. Remember, the more focused you are on your goals the more likely you are to accomplish them.

Thank you for your trust. Thank you for enjoying reading my newsletters. I wish you and your family Happy Holidays and Best Wishes for the coming New Year.

Regards,

Andre Plessis

Author & Marketing Expert

<http://smartbizconnection.com>

We Can Teach You How To Triple or Quadruple Your business. The Rest is Up To You!

Copyright 2004©

Hey Dad, How do You Handle Your Kids Mistakes?

By Mark Brandenburg MA, CPCC

Hey Dad, How do You Handle Your Kids Mistakes? by Mark Brandenburg MA, CPCC

One of the most difficult parts of being a father is learning to accept your children's mistakes. It certainly can be easy to be loving, supportive, and helpful when your children are mistake-free, but most fathers who are paying attention don't find too many mistake-free periods of their children's lives.

Let's be clear about our kids and their mistakes. There aren't too many kids who get up in the morning, rub their hands together and say, I wonder how I can screw up today and really bother my dad! Kids don't enjoy or want to make mistakes, it's just one of the ways that they learn about the world.

Kids usually try to do their best; but they're doing their best considering the resources they have at the time. Sometimes they're tired, sometimes they're easily distracted, and sometimes they're strong-willed, but they generally do the best they can. It's quite easy for us to unfairly judge them according to their best efforts in the past.

When our kids make mistakes, we have choices to make. Fathers can either make choices that help to create kids who are defensive and who lie to them ...or they can make choices that help to create kids who can learn from their mistakes and improve upon them.

Kids who fear punishment or the loss of love in response to their mistakes learn to hide their mistakes. These children live in two different places—one place where they have the love and support of their father (parents), and another where they feel that if their mistakes were discovered, they would be undeserving of that love. It's hard for these kids to fully accept their parents' love and support even when it is expressed. It's also difficult for these kids to set high standards for themselves, because they tend to be fearful of failing.

These are some ideas for fathers who are committed to helping create kids who can learn from their mistakes, and who are not afraid of making a few:

Absolutely accept the notion that your kids are doing their best, and that they'll learn faster about their mistakes if they are in an environment that accepts mistakes.

Understand that your difficulty with your kids' mistakes is in fact a reflection of your difficulty dealing with your own mistakes; be aware of this and deal with your own issues first.

Know the shaming messages that we can all give so easily to our kids—messages that can do a lot of damage to them and help them to feel unworthy. Here's a few of them:

- How could you have done that?
- You don't listen to me!

How to deal with mistakes

- You can do better than that!
- What's the matter with you?

Keep providing your kids with learning experiences, but at the same time structure their environment

so they can't make too many mistakes (having expensive glassware around the house where children might break it is not their fault).

Provide a great model for your children by the way you react to making mistakes: do you get defensive and stretch the truth, or do you own the mistake and learn something from it? Create a culture that's based on learning from mistakes.

We only have one chance to show our kids the patience and discipline necessary to allow them to learn from the mistakes that we've all made. Your opportunity to improve just started now; give your kids the room that they need and deserve.

Mark Brandenburg MA, CPCC, is the author of *25 Secrets of Emotionally Intelligent Fathers* (http://www.markbrandenburg.com/e_book.htm#secrets). For more great tips and action steps for fathers, sign up for his FREE bi-weekly newsletter, *Dads, Don't Fix Your Kids*, at <http://www.markbrandenburg.com>



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!