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

No More Guilt...

By Kim Klaver

"Every time I come home from the gym, my husband is waiting for me and goes, 'Well did you talk to anyone about the business?'

It's getting to the point where I don't want to go to the gym anymore. I don't want to accost people there, I just want to work out. I don't know what to do, really. I've told him I don't want to talk about the business at the gym, but he's waiting to ask me each time I come home.

I'm thinking of just quitting the business. I hate this. What should I do?"

Many people do not want to accost people wherever they go. The "three foot" rule is fine for some, but is distasteful for others. Don't use that rule if it doesn't go with your personal style.

In my last business, my first (and best) recruit said "I'll only consider this if you don't ask me to accost everyone I know. I like to keep my social life separate from the business, and if I can't do that, I'd rather not get involved."

And that, 15 years ago, is what started my quest to find methods of reaching out that did NOT rely on going to friends, family or neighbors. Or gym pals. My friend and many others have made gangster money with cold market, their way.

So reps: no more guilt. Don't do the business at the expense of your social life, your friends or family. It's not worth it.

Decide when and how you WILL do your reaching out, and do it. Tell you upline what you are doing, and to please accept that and be supportive of your working style.

If they don't accept the way you'd like to do your business, you can unplug and just carry on yourself. After all, you are in business for yourself, yes? There are many other resources you can find to support your working style.

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Kim Klaver is Harvard & Stanford educated. Her 20 years experience in network marketing have resulted in a popular blog,

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Exploring the "Should's": Is it Necessity, Desire, or Guilt?

By Jennifer Koretsky

How many times a day do you find yourself using the word "should"? ADDers are full of "should's": I should do the dishes, I should clean out the fridge, I should see that movie, I should call my friend, etc. The word "should" can be very dangerous to an adult with ADD, because it often results in guilt.

In order to break through this and help you prioritize the things that you "should" do, try exploring your "should's" by asking yourself the following question:

Is this a necessity, a desire, or guilt? Here are some examples:

I should do my taxes.

Necessity: If you don't do your taxes, you can find your finances slipping out of control. You can end up owing the government penalty fees. And you will absolutely have undue stress. This "should" is a necessity.

I should buy that CD.

Desire: This is something that you want to make you happy. You like the music you hear, and therefore you want to own it. This "should" is a desire.

I should clean my house more often.

Guilt: If the "should" comes when you compare yourself to others, then guilt is probably involved. It often happens when we feel like we are not living up to the performance or expectations of others (or our perceived performance/expectations of others.) If you visit a friend's house and its neat and clean, you may falsely interpret this to mean that your friend cleans all the time. In reality, your friend may

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have spent hours cleaning her/his house before you arrived to make it look nice! If you are physically and mentally comfortable with the amount of time you spend cleaning your house, then cleaning more often is not a necessity, it's not a desire, its a "should" that is just useless guilt!

Try this exercise for a whole day. Every time you find yourself using the word "should," ask yourself if its a necessity, desire, or guilt. I promise that you'll feel a lot a better about all the things you think you "should" be doing!

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Jennifer Koretsky is a Professional ADD Management Coach who helps adults manage their ADD and

move forward in life. She encourages clients to increase self-awareness, focus on strengths, and create realistic action plans. She offers a 90-day intensive skill-building program, workshops, and private coaching. Her work has been featured in numerous media, including The New York Times Magazine. To subscribe to Jennifer's free email newsletter, The ADD Management Guide, please visit

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Inside The Minds of Winners



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