



Welcome to July,

Keeping with my common theme of how cold it is, as I type this article to you today it will only reach 13 degrees here in Melbourne and its about 7 degrees now and to say its FREEZING is an understatement!!! Two people I know just returned from Queensland and were bragging about how nice and warm the weather was!!! ggrrrr lol

In keeping with our winter theme, its make me think of European Christmas's where winter is the season. So why not have a "Christmas in July" theme for your parties this month. Our stickers @ only \$3 a sheet can be used on your catalogues or hostess information, as well as envelopes that you send to people. Click on the link to the right to see what they look like.

I was diagnosed with an iron deficiency in May and have been taking it easy since then, so group coaching has not started yet. But I intend to start this in August. This is a lower cost alternative to the one on one coaching that I provide. A separate email will go out by the end of this week with the details. If you are serious about improving your business and personal life then this would be a fantastic way for you to sharpen your skills, ideas and attitudes.

Till next month

Michelle

Change for Change Sake?

Last month we talked about the "Butterfly Effect" and how even the smallest change can bring big results. Did you create any butterfly effects last month? Have you done so in the past? And what happened when you did?

I have found that there are generally two kinds of people, those that never change anything (and resist it with all their might) , and those who make huge changes and usually create chaos for themselves and those around them when they do!! Which kind are you???

Are you the kind of person who makes changes for change sake? Do you 'like' re-arranging your desk or office, moving the furniture in your lounge room, changing your hair style or colour (so you get a reaction from people)? And when you do this how does it feel?

Why do you do it? Do you like to keep people guessing or are you bored with your life and changing things when they don't really need changing because it keeps you 'interested' in yourself.

When I was younger, I used to 're-arrange' my room a lot. I did this because it was the only place where I had 'power'. My parents basically let me do what I liked with my room and so moving the furniture around in a 3m x 3m space (so not very big!!) was my way of controlling part of my environment. Now that I have my own house, I rarely move the furniture around. Things get placed in the best, most logical place, and usually stay there. Moving things usually only happens now if we add something new to the room which means other things may need to move a little.

Are you familiar with the saying "Re-arranging the deck chairs on the Titanic"? What this saying usually means is that you seem like you are changing things, by either moving things around or often pretending to make huge changes, when in actual fact nothing fundamentally changes at all.

Nothing changes until you actually change something, and that might mean your attitude to change as well! This might apply to your sales or recruiting figures, your marriage or the behavior of your children.

Change is often scary and it usually takes time. Time to implement, time to develop, time to see the results, time to make a difference.

For example, if you are spending more than you earn each week and you keep doing this for say 6 months, then finally you decide that this isn't a good idea and you take steps to reduce your spending, do things immediately get better for you??? Usually not, because the spending sins of the past are usually still there in the form of credit card debt or a loan. But if you keep paying down your debt while not spending too much, then eventually you get back in front again. And it can often take a lot longer than it took to get into debt in the first place. And during this time, you will be angry and frustrated with yourself for the situation you find yourself in, because that new handbag or top you want to buy, stays in the shop because the changes in your spending habits need to last a bit longer to get you out of the trouble you are in.

Change is hard and change takes time. But the rewards can be worth it.

What meaningful changes have you made in the past that have significantly changed your life for the better? Or have you not done this, but instead have been re-arranging the deck chairs on the Titanic for too long??? If the latter is the case, be determined this month to make a meaningful change (if you need one) and you might be pleasantly surprised by the result from it down the track.

Product of the Month

Christmas in July



Boost Your sales using these wonderful stickers!

Click [here](#) to see these stickers

What's On



GROUP COACHING

Coming in August

Group Coaching will commence in August.

We will be sending out an email shortly in regards to the Coaching, but please feel free to register your interest by clicking on the link below!

[Register](#)

Director/Manager Items

Crown Pins



[Log In to see Prices!](#)

What's New?



Henry Road and Midnight Bloom Full Set!

These set's come with notecards, post-it notes and writing paper to write all those special notes of thanks or encouragement For your team!

Only \$45.95! What a great deal!



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