



Welcome to May,

With Mother's Day fast approaching how are your sales going?

It is a lovely time of the year at the moment. We are still enjoying nice weather here in Melbourne most days so it has been lovely, even if the days and nights are cold!!!

You still have the opportunity to purchase one of our bracelets for Mother's Day, we can express ship to you to have it in time for Sunday. These bracelets are selling very well in our EBay store and as NJP customers, direct from our website you get them for \$5 less each!!!

Our coffee mornings will be held on the 1st Monday of the month during the cooler months, starting from next month (but not in July due to school holidays). If you live in Melbourne, why not come out and have a cuppa and meet other like minded women who run their own home based business's. Children are welcome and the food at Degani is very yummy, you won't be disappointed!

In our next update I will give you more information on our healthy eating challenge for June. Join me in a challenge to eat healthy for 30 days. No it's not a diet, just a commitment to eating healthy and to see how we can feel at the end of it.

Dealing With Disappointment

How do you deal with disappointment? On a scale of 1 to 10, what rating would you give yourself? Does the answer depend on the type of day you are having?

Last month your challenge was to write down 3 things a day that you were grateful for, to turn your attention to the positive, happy things that happen in your life. When you are "disappointed" about things, having a grateful journal can be a big help in lifting your spirits.

When you run your own direct selling business, dealing with disappointments, like postponements, cancellations, order returns are all part of your daily business life.

When they happen do they knock you for six, or do you say "next"?

Does your business and personal life, sometimes feel like it is one big disappointment after another? Do you feel like you move from one upset to the next with not much of a break in between? Has this been a pattern in your life for sometime now, or not?

Does the 'scale' of the disappointment determine how long you are down for? Often we can build up in our minds how things should be and when they are not we can bring on our own disappointment.

How can we even out the ups and downs that being disappointed can bring to our lives on what might seem sometimes a daily basis?

This is not to say that we can't feel sad when something we were looking forward to doesn't happen. It is only natural that when things don't turn out as planned we can be upset about this. But how does this affect you and more importantly for how LONG does this affect you?

Action Exercise for May

For the next two weeks, keep a journal of the times when you feel disappointed about something. Be mindful of what the issue is and how long you stay disappointed for.

Rate the scale of disappointment. From 1-10 is it on a low scale or high. Is there a pattern. Are the issues the same, or is it always the same person? Or is it lots of things, everywhere?

After you have done this for two weeks, we will next discuss how to look at where this disappointment is coming from.

Follow up From April

Don't forget to send me your grateful journal responses and we will send you a prize!

Until next time,

Michelle

Product of the Month

'Mother' Bracelet



This bracelet is a great way to show your mum just how much you care on Mother's Day. We have a beautiful range of bracelets just waiting for you !

Special Offer

Buy 3 or more of our beautiful bracelets and receive 10% off!



What's On



COFFEE CLUB

Next Meeting Monday 6th June @ 9:30am

DATE: Monday 6th June

WHERE: Degani Bakery Café

ADDRESS: 106 Station St
Fairfield, VIC, 3078

PARKING: Accessible via Duncan Street.

[Register](#)



GROUP COACHING

2nd Tuesday of each month

Our first group will start in June and be held on the 2nd Tuesday of each month at 11am.

More details to be emailed shortly.

Only 10 spots available.

[Register](#)

WORKSHOPS

Melbourne 2011

Saturday May 28th



[Register](#)

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