

ATTITUDE / EMOTION CYCLE

- **First Stage: Excitement! Enthusiasm!!**

- **Last Stage: Recommitment**

"It's not like me to give up, not reach my goals, get discouraged
Get excited again!

Send positive message to brain...become realistic

Share with colleague
Get back to meetings
Open-minded again

(Transition begins)

- **Stage 6 B: Anger:**

Get angry at yourself
Admit & recognize your feelings
You alone are responsible for your own success/failure.

- **Stage 2: Frustration:**

Postponements
Obstacles
Friends won't book

- **Stage 3: Shock:**

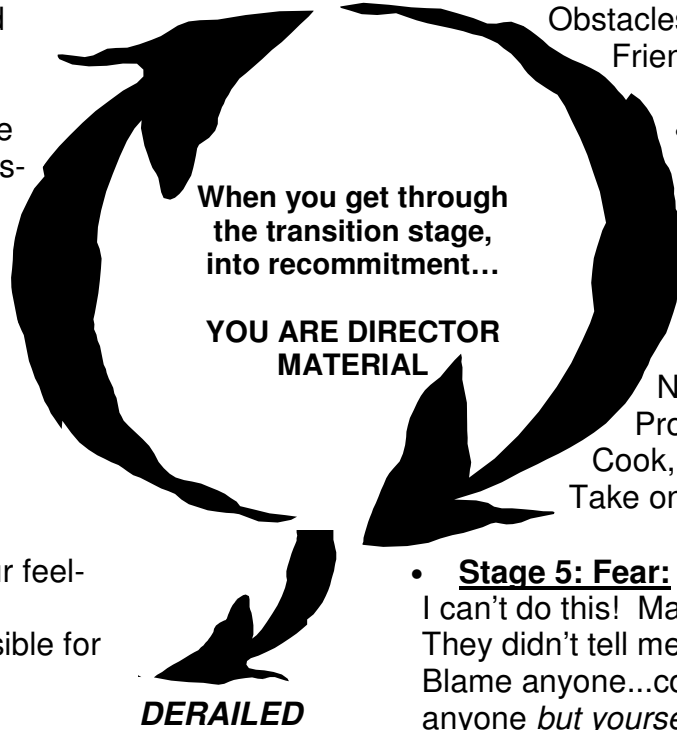
"They said it would be so easy!"

- **Stage 4: Denial:**

Withdrawal
Avoid meetings
Negative
Procrastinate
Cook, sleep
Take on more projects at J.O.B.

- **Stage 5: Fear:**

I can't do this! Maybe it isn't for me!
They didn't tell me...
Blame anyone...company, recruiter, kids, anyone *but yourself*.



or...

- **Stage 6 A: Settle:**

I never wanted my own business anyway
I've always loved my job...it's fulfilling, etc.
The hours aren't *that* bad
Quit...forget dreams

This cycle is inevitable any time you are growing. With growth comes "*Growing Pains*". Only through growing pains can you truly taste victory!

Remember, everyone who is where you want to be, has grown into the position.