

What Is A Mental B.A.T.H.?

Giving yourself a Mental B.A.T.H. each day will keep your ATTITUDE straight, it will keep your FOCUS on the right things, and it will give you the PASSION you are looking for...I PROMISE!

B= BOOKING! You simply add 1 new booking a day-whether it's a facial, a class, or an interview! Wouldn't you agree that we never lose our excitement or our FOCUS when we have appointments on our books?

In fact, our energy and passion is at an all time high - WHEN WE ARE ACTUALLY WORKING instead of "thinking" about it!!

A = AFFIRMATIONS! Daily it's important to feed your brain with POSITIVE self-talk - telling yourself that you are already good at what you need to improve on! OR telling yourself that you are ALREADY a Red Jacket, Team Leader, On-Target Grand Achiever, or Director!! Write 5 affirmations on index cards and put a coordinating picture next to the affirmation so that you mind can visualize what you are saying OUT LOUD! Repeat at least 5 times each in the morning and in the evening and visualize what it feels like!

T=TAPE! Listen to at least 1 motivational Mary Kay tape every day! Ladies I wouldn't miss this! It's so important!! It gives you energy and ideas when you need it most! It keeps you focused on the right things! It gives you the words to say when you need it most! AND, it keeps your attitude POSITIVE!

H= HELLO! Say Hello every morning to your email and to our Website Guest Book! Can you imagine every day if you just started out with the Mary Kay sisterhood in your back pocket what could happen? On top of that, TEAM SPIRIT is so important in all of us reaching our goal!! Be a team player and say HELLO each morning...

*Remember, Do Your Mental Bath Every Day For At Least 30 Days
& You'll Create A New Habit For Success!*

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*I'm Committed To Having A
"Positive Mental Attitude"
So I'm Taking A Mental B.A.T.H. Every Day!*



30 DAYS TO A POSITIVE MENTAL ATTITUDE

	<u>1</u> Booking Affirmations Tape Hello	<u>2</u> Booking Affirmations Tape Hello	<u>3</u> Booking Affirmations Tape Hello	<u>4</u> Booking Affirmations Tape Hello	<u>5</u> Booking Affirmations Tape Hello	<u>6</u> Booking Affirmations Tape Hello
<u>7</u> Booking Affirmations Tape Hello	<u>8</u> Booking Affirmations Tape Hello	<u>9</u> Booking Affirmations Tape Hello	<u>10</u> Booking Affirmations Tape Hello	<u>11</u> Booking Affirmations Tape Hello	<u>12</u> Booking Affirmations Tape Hello	<u>13</u> Booking Affirmations Tape Hello
<u>14</u> Booking Affirmations Tape Hello	<u>15</u> Booking Affirmations Tape Hello	<u>16</u> Booking Affirmations Tape Hello	<u>17</u> Booking Affirmations Tape Hello	<u>18</u> Booking Affirmations Tape Hello	<u>19</u> Booking Affirmations Tape Hello	<u>20</u> Booking Affirmations Tape Hello
<u>21</u> Booking Affirmations Tape Hello	<u>22</u> Booking Affirmations Tape Hello	<u>23</u> Booking Affirmations Tape Hello	<u>24</u> Booking Affirmations Tape Hello	<u>25</u> Booking Affirmations Tape Hello	<u>26</u> Booking Affirmations Tape Hello	<u>27</u> Booking Affirmations Tape Hello
<u>28</u> Booking Affirmations Tape Hello	<u>29</u> Booking Affirmations Tape Hello	<u>30!!</u> Booking Affirmations Tape Hello				