MOST important thing to remember is that EVERYONE goes through it, it's just how long they get stuck in each stage!

Attitude / Emotional Cycle

Stage 7: Recommitment

It's not like me to give up, not to reach my goals, to get discouraged.

Get EXCITED again!

Send positive messages.

Become realistic.

Share with colleague.

Open minded again.

Transition begins!

Stage 6B: 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

Stage 1: Excitement! Enthusiasm!



Stage 2: Frustration

Postponements Obstacles Few appointments

Stage 3: Shock

They said it would be easy!

Stage 4: Denial

Withdraw. Avoidance. Negative attitude. Procrastination. Sleep. Take on more projects at home or at work.

Stage 5: Fear

I can't do this. Maybe this isn't for me. Blame anyone – company, recruiter, kids, anyone but yourself.

OR

Stage 6A: Anger

Get angry with yourself. Admit and recognize your feelings. You alone are responsible for your own success or failure.

The cycle is inevitable any time you are growing.

With growth comes "Growing Pains."

Only through growing pains can you truly taste the VICTORY!

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



