
Put Your Big Girl Panties (or Big Boy Boxers) On and Deal With It Handout

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“NO ONE WANTS TO BE MEDIOCRE! Mediocrity is settling for _____!”

“Success is the continued realization of any worthwhile goal!” ~ Karen Phelps

Success Means you are living your life with _____ and you are continually enjoying the _____ of realizing your _____ and reaching your _____!

**There are 3 Questions you should ask yourself to help you reach your “success potential.” (as learned from Model-Netics)
The answers to these questions will help you define your purpose in life.**

- _____

- _____

- _____

What prevents you from realizing success?

1. Most people don't know what their _____ is life is.

_____ **Your** _____

a) What is it that really _____ and

_____?

b) Why does it _____?

c) What are you doing to _____?

d) What are you doing to _____?

e) What's preventing you from _____?

f) What can you do to get you more _____?

2. Most people don't have _____ in place. "I've never met a _____ person that does not know what they want?"

a) What do you want? _____

b) Why do you want it? _____

c) What will it cost? _____

d) When do you want it by? _____

e) How are you going to get it? _____

f) What are you willing to do (or not do) in order to move you closer to your goal? _____

3. Most people do not take time to _____ the _____ they need to succeed.

a) What do I _____ to _____?

b) How can I _____ it?

c) Where will I _____ the _____ to learn it?

d) What will happen if I do not _____ the _____ and _____ to learn what I need to know?

4. Most people fear success because the path to success brings about _____ in your _____. “The only thing that is _____ in life is _____!”

a) How do you _____ to change? _____

b) When faced with change what are you thinking? Do you think of the negative that may happen along the way to making the change? _____

c) Do you think of the positive results that will come with the change? _____

What is your “_____?” Your “_____” is the _____ you _____ as to why you can’t do something or why you can’t have something. We are not _____ to _____ ourselves, we are _____ to give ourselves _____.

Here is a list of the most popular “_____”

- **I don’t have the _____**
- **I don’t have the _____**
- **I don’t have the _____**
- **I don’t have the _____**
- **I don’t have the _____**
- **It might _____**
- **My children are _____**
- **My children are _____**

- I don't _____
- I just _____

**If you are going to go _____ and have _____
you want you have to get over your “yeah but.”**

**I have an acronym that will help you get over your “yeah
but”**

B – _____

U – _____

T – _____

**Let's decide today that you are going to eliminate
" _____ " from your vocabulary.**

ATTITUDE

- **Are you _____ or _____ ?**
- **Are you _____ or _____ about
your _____ ?**
- **Are you _____ or _____ about
your _____ and _____ in your
_____ ?**
- **Are you _____ for your _____ ?**
- **How do you handle _____ in
your life?**
- **How do you handle _____ people in your
life?**

You need to have a " _____ "
How do you get it? _____ AT IT _____ DAY!

Mantras I've been know to say!

"Today is going to be a great day"

"Day by day I'm getting better in every way."

“Day by day I’m getting healthier in every way.”

“Day by day I’m getting thinner in every way!

“I’m am the greatest _____!”

YOU NEED TO BECOME _____!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

If you are having problems in any of these areas you need to go back and _____ out why. What is your “_____?”

When your _____ is healthy it’s _____ to get your body healthy.

YOU NEED TO HAVE _____ OVER YOURSELF!

When you have _____ YOU ARE IN _____!

The _____ I will do now is _____

“Be one of the few who do make things happen rather than one of those who wonder what happened?”

I hope you enjoyed this audio program and learned specific ideas that will help you become more fulfilled, happy and complete in your life.

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