

WAHM in Focus – Checkin' In

Issue #3 – WAHM I AM

"What am I? I ain't no phycikisk, but I knows what matters.

What am I? I'm Popeye the Sailor." Popeye

Popeye wouldn't be Popeye if he didn't know who he was.

I googled Popeye looking for a quote that I liked for the main issue. It was interesting reading! Popeye was a complex guy!

But at his core, he always knew who he was.

Do you?

If you can get that straight, the rest will be smooth sailing... sort of ;0)

1. IN FOCUS THIS WEEK – YOUR FRAME OF MIND PAINTS THE PICTURE

After being more serious about your business, believing in yourself and conquering your fears, what comes next?

DECIDING WHAT YOU WANT, WHO YOU WANT TO BE AND HOW YOUR ARE GOING TO GET THERE.

Here are the ACTion steps to work on this week to help you to create frame of mind that you will need to have to get where you want to go, a step at a time. The actions may change, but your frame of mind remains the same.

Step One - Get a notebook to be your catch all - business ideas that come to you on the fly for safe keeping AND to do some of the exercises that you will find here. All of them will be specific to your business, not just theory that you do and forget about, so it's best to have them all in one place. Find a notebook that is easy to take with you so that you can access it at anytime.

Step Two - Think big picture. Sometimes we tend to focus so much on the moment that we completely miss the turn to get to the big picture activities. Big picture includes you. What do you want to be? Give yourself a title. Give yourself a few titles. Break it down. This is the most important part. It all starts with you. How can you become what you want to become if you haven't thought about what that REALLY is?

Step Three - Create a page called 'My Perfect Day'. Write what your perfect day would be about 2 or so years down the road - or even tomorrow. This will give you something to aim for and change your frame of mind.

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What do you want to earn each day? Create a realistic number that you would like to earn per month, then break it down weekly and then daily.

What do you want to DO each day to get there?

Break it down. What steps do you need to take to get there.

Step Four - Begin each day by looking at these pages in your book. Take a deep breath and become the person you want to be. Maybe that will include taking a little more care in how you dress (ok, I'm in bed with my pink fuzzy house coat and jammies on right now, but this is phase one of my day - later I'm gonna gussy up a bit to better feel - and look - the part of a business owner and participant in the world, even if it's from my home office.)

Don't lose sight of that person. Keep an index card or something similar on your desk to remind you often. Every day will take you a little closer. You have to take the first step to get there. And then keep on going.

IT'S ALL ABOUT FRAME OF MIND

You may have noticed that the primary foundations are in your mind. That's your starting point. The 'putty' that you have to work with. The good news is that you can shape it in any way you like with a little time and effort.

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NOTE FROM JAN: I LOVE this system. It really does work.

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This is a USE IT kind of product that comes with the simple tools you need, it's not full of theory that leaves you wondering or having to purchase something else.

If you need to get out of the fog, [Organize Your Online Business](#) gets my highest recommendation...

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That's All for Now Folks!

Let's get busy!

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