

## **WAHM in Focus – Checkin' In**

### **Issue #5 – CLEAR MIND**

*So surely as you find yourself in the mental attitude of haste, just so surely may you know that you are out of the mental attitude of greatness. Hurry and fear will instantly cut your connect with the universal mind.*

#### **~ Wallace D. Wattles Quotes from The Science of Being Great**

I really like this quote because it zero's in on the point of this week's exercise. You just can't be effective if you've got too much on your plate. I call it split brain syndrome.

Split your brain too many times and it becomes completely ineffective. Mush.

And that translates into what you do, what you complete and what you accomplish.

Here's another quick quote that I woke up with this morning to help illustrate...

*"A bird in hand is worth 2 in the bush"*

In my experience, when I take on too much I end up chasing things, rather than owning them.

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#### **1) IN FOCUS THIS WEEK – CLEAR MIND**

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This week pay attention to the things that you are doing in all areas of your life and business that you can streamline.

Focus on getting clear and making room for the good stuff.

Chuck the junk. In some cases, you may need some willpower, sometimes junk is fun! But it keeps us from the important things.

AND, take 10 minutes minimum every day to get outside and take a stroll. If you have a dog, all the better. They are great motivation and their excitement is catching. Besides, happiness is always better shared.

Don't skip this part. It is extremely good brainstorming time and helps to facilitate flow. I can't really explain it, all I can say is that it works!

Think exodus - in this case the mass departure of the unnecessary.

Jan Ferrante – feel free to pass this issue along to your friends.  
<http://www.queenofkaos.com/wahm-in-focus>

This is an extremely important step that will make everything easier, so be sure to mark it on your calendar and spend some time each day at it.

## **ACTION STEPS**

**1. Grab your notebook and keep a running log of the things that you do in a typical day.** You will probably be surprised.

**2. Try it for this week if you can.** That will give you a good picture. Try not to skip parts - hours here and there. Those will likely be the hours that you deem to be not important enough to write down or the hours that you would rather not examine - the very hours that you may want to remove from your typical week.

**3. Analyze what you've got, daily and at the end of the week.** Grab a highlighter and a few sticky notes if it helps. Make notes on the page.

**4. Get out the 'What's Nagging You' list you made.** This one is very important.

**5. Organize your notes into a cohesive plan of what things you want to make an effort to either remove, or find a solution for.**

**4. Get to work on the first one.** Don't overwhelm yourself with too much at once. Work on your list in an organized and controlled manner. Yes you :0)

**5. Remember, it's up to you to decide.**

**6. Start making room in your day for some outside time.** Even a 10 - 15 minute walk can do wonders. The great thing is that if you have kids at home, it will do wonders for them too. Don't rush it. Enjoy every minute of it.

Those kids will be rushing off to work too soon, leaving you behind, believe it or not - enjoy those stolen minutes, every one of them.

I have to go wake one of mine up now, and off he goes - no snuggles, no giggles no raspberry kisses.

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## **2. WAHM IN FOCUS PODCAST**

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Don't forget to tune in to our weekly WAHM in Focus Podcast, for this week's audio version.

<http://queenofkaos.com/WAHMblog/category/podcast/>

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### 3. Today's Issue Is Sponsored By:

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#### **BRIAN TRACY - START, BUILD, MANAGE OR TURN AROUND ANY BUSINESS**

Brian Tracy is one of the few people that I actually have put aside a budget for to be able to purchase his CD's and audios.

His are the ones that I listen to over and over again.

I get invaluable information but most of all, I get mindset.

This is what we've been talking about, and Brian provides an easy way to keep your mindset where it needs to be without slipping back into the doldrums.

When we work at home, we spend a lot of time in our own head. This is a chance to get into Brian Tracy's - he's one of those old white haired guys who's been at it for ever - it's as natural as breathing to him and it shows. He's candid, and he's funny - so listening is easy.

He has recently put an awesome collection together to help you with your business, whether you are just starting up, keeping up or needing to turn things around.

These are the concepts that I wish I had right from the get go and really are the foundation for business success - what ever your business.

#### **YAY OR NAY**

The package is an investment. If you have a business that is showing enough income to be able to set some \$ aside for motivation, education, and to have Brian right beside you through out your day, be sure to consider it. In the long run, you will get your money's worth.

If you are just starting out and have the extra \$ to invest in your business success, have a good look. It truly could put you on the right track day to day for years to come.

If you are struggling to pay the bills, not seeing much from your efforts so far and have already spent too much on product - don't buy it yet. Read and DO every issue of this newsletter, go to the Ask Jan section and ask me your burning question - I'll give you an honest answer.

But don't fritter the money you would have spent away. Go make an extra credit card payment or make an extra mortgage payment this month. That will pay you off in spades too.

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## **CUT THROUGH THE NOISE**

Brian will help you to cut through the noise and focus on your business - it all starts with you and he will help you to get there.

When you go to the link, have a good look at the listing of what is in the package, and then look at the bonuses. Those alone truly are worth the cost of the entire thing. I have Double Your Time, Double Your Productivity and I never get tired of it. It's in my car and I still listen to it often - after about 3 years!

[http://www.queenofkaos.com/Brian\\_Tracy\\_Small\\_Business\\_Turn\\_Around](http://www.queenofkaos.com/Brian_Tracy_Small_Business_Turn_Around)

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### **3. Not a Subscriber?**

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PSSST... Don't forget to pass it on.

That's All for Now Folks!

Let's get busy!

Jan Ferrante

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