

WAHM in Focus – Checkin' In

Issue #7 – WAHM UNPLUGGED

"Life is too full of distractions nowadays. When I was a kid we had a little Emerson radio and that was it. We were more dedicated. We didn't have a choice." Stan Getz

I remember my first radio. When I was a kid all of my toys fit into one small box, there were 3 of us girls in one room and my mom liked it clean.

My radio was an old hand me down but it was my first real prized possession. My first uncensored (more or less – I got to choose the station!) view of the world. I think I was about 12!

It seems so odd now but in the days before I was 'plugged in' I remember an inner stillness – a centeredness that seems to have taken the high road since today's distractions have become a part of my life.

I look back on the years – grateful for the frame of reference it gives me – when even as an adult I lived in the country before satellite etc – we got about 3 tv stations when my oldest 2 children were small – on an old black and white that came in fuzzy.

Those are the days that I remember being truly plugged in – to what is most important – home and family.

We had a blast and most of all – we appreciated those 3 channels!

We played Wheel of Fortune every night at 7:00 with my son who was about 4 or 5. He knew his letters and we had a blast! I can't imagine having done that 10 years later with 100 or more satellite channels to choose from.

It's something that I have noticed over the years as we have gone from one extreme to the next.

The less we have, the more we appreciate what we have. And the better we use it. The more we get from it.

And yes, how much more dedicated we are.

This week, focus your working time on dedicating yourself to one thing that will show the biggest difference in your business and don't allow distractions to take you away from that thing. Do it a bite at a time if you need to.

And take a minute to ponder the meaning of dedication. It's a skill we need to come back to if we are to accomplish the things we truly want in life.

Here are a few tips to help you.

1) IN FOCUS THIS WEEK - STOP THE NOISE

You can take 2 approaches to this week's action steps - you can choose one or both. I've been doing both - I feel it's given me more focus on my business - and home too - than I've had in a

Jan Ferrante – feel free to pass this issue along to your friends.

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very long time - too long! I really hope that you give this a try.

1. Unplug. Make it a habit this week before you sit down to work to shut any browsers or sources of distraction off. That means everything. Try a complete 24 hour stretch offline - and then try it again. Use this time to focus on output, planning and focus.

2. Step back from social networks for the week. Either cut them out completely or set a strict, bare bones time period for social networking. This includes chit chatting with friends. Let them know what you are doing. You'll find it strange at first, but you will probably also feel a load off and a renewed sense of focus.

The benefits to both of these actions are not only in saving time, they both also greatly reduce the noise and stress that goes on inside your head when you have too many distractions. And that leaves a much clearer field for working.

You may even find yourself wondering what to do because you have become so used to thinking that social networking IS working.

Try to put the focus on your business this week and see what happens.

STEP THREE - PUSH (it's not only for childbirth!)

Once you have put one or both of the above steps into action, it's time to move. Make it your goal to get as much done, to move as far ahead on anything you are working on as you can during this time.

When I found it working so well for me I set up a challenge for one week. Feel free to jump in there anytime you want to have a 'push week' and challenge yourself to getting a whopping lot of focused work done.

I'll post a link here weekly as well so that you can continue to challenge yourself.

You can read more about it here and give yourself some accountability by posting what you're going to PUSH this week. You can let us know how you did next Friday.

<http://queenofkaos.com/WAHMblog/1106/home-biz-challenge/>

Stepping back from the social aspect of the internet and unplugging completely may seem drastic. The true magic is in the clearer mindset it will give you and the renewed connection with your business. Remember, it's only for one week.

It can't hurt but it sure can help, so be sure to give it your best shot.

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2. WAHM IN FOCUS PODCAST

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/>

3. Today's Issue Is Sponsored By:

THE SWEETIE SATURDAY REPORT CLUB

This month's Essential Notes are not to be missed

I like to say FOCUS + ACTION = RESULTS

This month is all about LEARNING + ACTION = RESULT

I couldn't agree more.

TIRED OF TAKING COURSES, NOT APPLYING THEM AND THEN**BUYING ANOTHER ONE?**

Use this month's Essential Notes to put your motivation

into high gear.

BTW, the Sweetie Saturday Report is all about Simple SEO.

If I had to do ONE thing over, it would be to do more

keyword research and write with SEO in mind. I have far

too much information out there that isn't indexed

in Google - and you know what that means! Nada!

This month's guide is an excellent tool to get on track

if you're struggling with SEO and getting in front of

your market.

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SWEETIE SATURDAY REPORT CLUB

<http://www.queenofkaos.com/sweetie-saturday-report-club.shtml>

PS: I'd like to give a shout out to Melissa Ingold who has recently partnered with Alice Seba at Internet Marketing Sweetie. As usual, we can expect only the best from Alice. and her choice to bring Melissa on board was spot on. I am riveted by Melissa's knowledge and concise yet thorough style.

I look forward to a lot more great stuff coming up!

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

That's All for Now Folks!

Let's get busy!

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