

Overcoming a Roller Coaster Life

Here are some top tips on how to avoid most Emotional Roller Coaster Triggers and set yourself up for success!

1. Get up early at the same time every day. Routine can help alleviate stress of a roller coaster day. Visualize your day for a few minutes each morning. See your business and yourself in that picture. See yourself booking, signing new team members, all with enthusiasm and positivity. Pre-think your day the way you want it. Maintain your focus. Is what I'm doing part of my overall plan?
2. Decide when to work and decide when NOT to work. And then STICK TO IT. Weekly plan sheet is essential. You feel like you are in control versus chasing down your time, which leads to feeling exasperated and a roller coaster of emotions. Do this Sunday night and include your family in the weekly planning process. By doing so, each person is more in tune with the needs of every other person. Even plan out your weekly dinners at the bottom of the square on your calendar of each day—you'll know what to buy at the grocery store and can plan your time to have dinner when you want it each day.
3. Take care of yourself. Eat Right. A broken promise pulls down self-esteem. So keep the promises that you make to yourself. It is just as important as keeping the promises you make to the ones you love. Exercise. It helps you feel better about your body and releases toxins and allows you to get out any negativity you might be harboring inside.
4. Changing your mind too much can make you waste time and feel like you don't know what you're doing. Allow yourself to win before you change your plan. Stick with something and see it through to the end before giving up. When you're on your right path and follow the plan, you know exactly what you need to be doing. If you don't feel that way, then you're not in the zone and you need to regroup.
5. Equip yourself internally with positive expectation and bounce-back-ability for when things don't go as you planned. And when you are feeling discouraged by circumstances, go UP. Talk to your director for advice. She has been there, done that and can provide you with what's necessary to overcome your discouragement and obstacles.