

Triggers to your Emotional Roller Coaster

Now that you know you will experience an emotional roller coaster in both your personal and business life, it is important to identify those things that can trigger a new ride so you can best prevent being put off track. Here are a few of the top triggers:

Triggers to an emotional roller coaster:

- 1. Life circumstances that come up where things start to go wrong.** “Life” happens to us all and we cannot always predict when things will happen, but you can have mechanisms in place to help handle when things go awry and to not let it get the best of you.
- 2. Feel overwhelmed with the amount of things to balance and do.** Establishing a routine and having an idea of the “Big Picture” can help put all those things in perspective.
- 3. When things don’t go your way, you get down on yourself.** We constantly are our hardest critic. You cannot admit defeat when things don’t go as planned.
- 4. When your priorities get mixed up—when you don’t keep faith first, family second and career third.** Mary Kay Ash knew this was how to structure your life so everything would work as it should. Reevaluate where you are devoting your time and attention and if it does not follow the prescribed order, change it.
- 5. When you don’t take time for yourself, miss your quiet time and devotional time.** You must take care of yourself, so you can take care of people and tasks around you. Getting your mind and spirit right each and every day will make you more effective and productive in the long run.
- 6. When there are not appointments on your date book, that can get you discouraged.** Seeing blank spaces without appointments can be difficult. CALL a favorite customer or warm-chatter someone new and book a new appointment or party.
- 7. When you want greater things for the people around you than they want for themselves.** Sometimes you have to realize that you are only responsible and in control of YOUR OWN life, not of those around you. Put forth time that matches their effort.
- 8. Not planning adequately for taking care of basic needs (like eating lunch).** Again, you must take care of yourself in order to take care of the things around you.
- 9. Dealing with people**—because we’re in the people business. And people can disappoint you or not follow through with what they’ve said they would do. Have a mindset of positive expectation.

