

Where will your first step take you?

The journey of a thousand miles begins with one step. This Confucius quote is well known because so often we forget that just one step can begin the journey to wherever we want to go. We are taught to dream **BIG** in Mary Kay. The one disadvantage of big dreams is they can get overwhelming. I encourage you to remember that each dream, each goal, and each accomplishment begins with a single step. They begin with the decision to start. The secret to life's goals is to do one small one at a time, then another and another. Begin with one, complete it before moving on, and you will be delighted by your progress! Inch by inch it's a cinch!

I want to encourage you this month to decide what time and effort you are willing to consistently give to your business. Mary Kay gives us the flexibility to work our business however we want to; that's the beauty of being self-employed! You have to be honest with yourself first and foremost! If you only have 3 hours a week to work your business— GREAT! Work those 3 hours to the fullest, and enjoy your time out of the office for the rest of the week instead of beating yourself up for not working!

I want to support you in making YOUR Mary Kay Business work for YOU! Remember, you are self employed, and you should determine your goals! I'm simply here to encourage you and offer guidance from my experiences. I can't set your goals or make you a success—ultimately, your success lies in your hands. You can be whoever you want to be! Match your excitement with action, and you will be amazed at how far it will take you. Don't allow yourself to get overwhelmed by a big goal— choose to take one step, starting today!



When you get bit, will you try again or stay out of the water?

Bethany Hamilton:

A teenage wave-rider who returned to the water after a shark attack. Halloween 2003: Thirteen-year-old Bethany Hamilton was riding the waves on Kauai's North Shore, as she did most mornings.

An amateur surfing champion ranked among the top five in the world, Hamilton was paddling with her best friend and her friend's dad when a 15-foot tiger shark suddenly loomed in the water. Before she knew what was happening, the creature had bitten off most of her left arm just below the shoulder, shaking her as she clung to the surfboard with her other arm, before it swam off. Hamilton, who relies on a strong Christian faith, stayed calm as her friend's father tied a tourniquet around her arm and brought her back to shore. She didn't cry during the attack.

Although many people wouldn't go ankle deep in the ocean again, Hamilton was back on her surfboard one month later and insisted that she receive no special treatment from surfing officials when she entered competitions. "I just wanted to be normal," she says. "It was definitely hard, and it felt weird, but I was glad to be back out there." To keep up her courage while she's in the ocean now, Hamilton prays, or calls to her friends nearby, or sings. "I don't know why singing works," she says. "Maybe it takes your mind off things." When it comes to fear, Hamilton says, "**Just get over it.**"

This inspirational story taken from Oprah.com

