

It Is A Womans's World Newsletter

October Edition

Welcome to It Is a Woman's World Newsletter! During these past couple of months, we had so much to share with you.

Our gatherings are such a success, and we hope that you were there to enjoy it with us. We had an amazing time putting together our introductory session, and from the feedback we've received, those who attended had a great time, too!

Our August meeting was all about vision boards. For those of you who are unaware of what this means, check out our next article, which tells you all about it and helps you create one for yourself.

Our ladies also got a special 'pampering treat' courtesy of Imagez Salon and Day Spa. There were free manicures and hand massages for each lady who attended also free neck and back massages. Talk about having a relaxing time!

Our September meeting was all about Goal Setting. For those of you who are aware of what this means but need help, check out our next newsletter which will guide you on this topic.

Each month- we prepare a 'surprise' agenda, filled with fun and creative ideas, that will help move forward your business, career and life paths; be sure to attend our next session! We look forward to seeing you there!

Kimberlee Frank

Kristen Reneski

To register for our next event, please visit our website at www.itisawomansworld.com

LIVING A DREAM

How to turn your dreams into reality

You've all heard of the woman who achieved her dreams- got a loving husband, a successful business, made a million and bought herself a home in the Caribbean . You've envied her and wished you could be like her, and in the end, you've packaged these wishes in a neat little box, put on the strongest lock available, and waved goodbye to your dreams.

So, what's really stopping you from becoming that woman? Achieving what YOU wish for is not impossible; in fact, it's quite easy! The following steps should get you from dreaming on your couch, to actually living your dreams.

1. **Acknowledge all that you have-** it's easy to wish we had a lot, but before we get what we want, we need to acknowledge what we have. Make a list of all material and spiritual things that you've achieved in your life. You'll be surprised at how long the list is. Jot down every little detail- the languages you've learned, the courses you've taken, and the hobbies that give you enjoyment. Now, stop and give GRATITUDE AND A BIG THANKS for all of them

and all that's yet to come.

2. **Create a vision board** - There is no power greater than visualization. It doesn't matter what you wish to achieve- a slim figure, better health, more money, a yacht. Now close your eyes and picture yourself with these new accomplishments - you are wearing a hot new size 8 dress, you've got a multi-million dollar company making you millions and you're piloting your new yacht...Next, buy a board or a large piece of paper. Select magazines and catalogues and clip out the pictures - a new dress, a new boat, a new home. Glue them on and place the board in a prominent position where you can see it each day, and reaffirm your commitment to achieving it.
3. **Believe in yourself**- Making the board and visualizing your dreams is important. But what is even more important is to believe in them! Know you can achieve what you set your mind out to do. The architect of your destiny is yourself.
4. **Make a plan** - While setting goals is important, drawing a clear path to achieving those goals is a necessity. If you plan to lose weight, then you need to do something about it- follow a diet, add more exercise to your daily regimen, etc. If you want more money, then think of how you can make it - maybe you'll need to do additional educational courses or join our mastermind group that will help you excel years in your career. You may not be able to make immediate major changes, but having a path to follow will allow you to plan for the future and take any immediate opportunities that may arise.
5. **Surround yourself with positive people**- Everyone has bad days, where achieving the maximum seems impossible. It's precisely for these days, that you need to surround yourself with people who believe in you. Make sure your friends and family know of your dreams and goals and are there to support you. If not, let It Is A Woman's World support you and be your cheerleader, taking you to the next level in your dreams, goals and life.

With a little help and guidance and lots of belief and willpower, you are well on your way to achieving your goals and dreams and living the life you've always wanted!

THE 7 HIGHLY EFFECTIVE HABITS OF GOAL SETTING

We all know the importance of setting goals. The question is how do I set my goals to maximize the chance of accomplishing them?

The following are 7 easy steps which will help you achieve your targets:

1. **Write it down**: Make a list of your goals. Put them down in any order you like (descending is preferable) but make sure they are written down in large, bold letters. In order to accomplish something, you need to visualize it in your mind on a daily basis. And in order to visualize it, you need to 'see' it written down. Place it in a prominent position so it acts as a daily reminder, until you accomplish what you set out to do. We use our mirror in the bathroom.

2. **Keep the details:** Make sure that all your goals are written down in detail. For example, as opposed to 'I want a house', write 'I want a 3000 sq foot home with a large backyard, fenced in front yard, closed garage and built on a 10 acre plot'. By writing down the details, you will be able to visualize it in your mind even more clearly, and your subconscious mind has more information to work with.
3. **Aim high, but ensure it's realistic :** A goal of buying a million dollar home on a \$50,000 salary may not be achievable and can lead to disappointment, frustration and a waste of effort. Unless you take the necessary steps by changing your income to obtain your dream. Put down goals which you know are achievable, not unobtainable. However, make sure you do not confuse impossible with unobtainable. For example, if your company makes out sales payments of \$20,000 a month, then you know that making sales to achieve this maximum payout is not impossible. Aim for the moon and you just might get it!
4. **Develop goals for various areas of your life:** The major six areas are usually Family, Financial, Physical/Health, Mental/Educational, Social and Spiritual. Setting goals for each area will ensure you bring about a balance in your life.
5. **Have a plan and track your goals :** Writing down your goals is not enough. You need to have a method to accomplish them. One easy way is to maintain a 'goal journal', which allows you to jot down ideas and track your progress. Just like you would not start a long car journey without a map (or GPS system), so you should not start your goal journey without a plan. If you need help, don't be afraid to ask for assistance, you could speak to family, friends or even a mentor here at It Is a Woman's World to get guidance. Write down your thoughts and progress. This also helps overcoming feelings of failure and frustration if you don't achieve your goals in the deadline you've set for yourself.
6. **Time frame :** Which brings us to this next point- how long should your time frame be? You can set 'immediate', 'weekly', 'monthly', 'quarterly', 'annual' goals. You can also set 'long-term' goals to be accomplished over a few years to a decade. Obviously, short terms goals are easier to accomplish than long-term ones, and the satisfaction is more immediate. Goals should ideally not be set for longer than 5 years and should be revised and updated frequently. For example, you may have planned an African safari over the next 3 years, but then, got married and had a baby. This goal may now be need to put on hold till your child is a little bigger. We would recommend that you start off with a goal monthly, 6 months and then 1 year. After one year you can write it for 5 years.
7. **Use Motivational language:** When writing down your goals, make sure the language you use is strong and inspiring. Be positive and assume that you've already achieved what you want.

To summarize, GOALS should follow the four P's.

They should be PRACTICAL (realistic, in order to be achievable), POWERFUL (all goal statements should use high-energy, powerful and positive statements), PROGRAMMED (to suit a time frame) and PRECISE (with in-depth descriptions). Follow these, and you're well on your way to living your dreams!

WOMEN IMPROVING WOMEN
Fun Things To Know

Check out some inspirational quotes from famous women around the world!

1 Harriet Beecher Stowe, writer

Never give up, for that is just the place and time that the tide will turn.

2 Anne Frank, writer

How wonderful it is that nobody need wait a single moment before starting to improve the world.

3 Oprah Winfrey, American TV personality

As you become more clear about who you really are, you'll be better able to decide what is best for you - the first time around.

4 Eleanor Roosevelt, activist *You Learn by Living*

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, "I lived through this horror. I can take the next thing that comes along." You must do the thing you think you cannot do.

5 Emily Dickinson, Poet

Not knowing when the dawn will come, I open every door.

WOMEN IMPROVING WOMEN
Our Question Of The Month

Who has been the most inspirational woman in your life, and why?

Please send in your answers to the "question of the month" and your comments and suggestions to kristen@cfl.rr.com or kfrank2007@aol.com

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