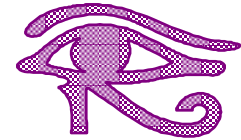


CAT's Eye

– the newsletter for:



Special Interest:

- Get your own Monthly Stress Check chart - [CLICK HERE](#)

- 2006 Training Schedules - [CLICK HERE](#)

Website links:

www.emofree.biz

www.create-the-reality.com

www.C2T2.co.uk

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Newsletter January 2006, Volume 2, Issue 1

Half Empty or Half Full? Which are you ?

Have you ever noticed how some people just can't stop being negative - even on holiday? They are what I call 'Half Empty' people.

Recently, whilst on a wonderful luxury cruise holiday what I noticed more than anything else, perhaps because 200 of us were all together for 9 days on board ship, was just how negative the majority of these holiday folks were.

Their attitudes included: the food's too rich'; it's monotonous, it's too fancy'; the boat rocks too much; the engine's too noisy; it's too wet; it's too hot; it's too humid; the cabaret's too noisy; there's no variety in the cabaret; we have to get up too early for the trips to the islands; we have to get up too early to go on Safari.

Very few of them saw themselves as being

negative. "We paid for this holiday so we expect ...".

Very few seemed to notice the disparity between themselves and the indigenous peoples in that part of the world; that they had clean drinking water and slept on comfortable beds! Yet because they were so tied in to being negative – they didn't seem to appreciate what they had.

So what are you? Half Empty or Half Full?

How Stressed are You? Do it Monthly - find out

So - it's after Christmas, you've finished the celebrations, set your resolutions and are back at work.

Are you refreshed and looking forward to this New Year?

Or are you getting 'Stressed' again already?

The best way to keep an eye on your own stress levels is to do a **Monthly Stress Self Assessment Check**. Why not get your partner and/or colleagues to do theirs too?

If you remember to do it regularly, say the first day of each month, you'll be

able to see how your stress affects you.

This chart focuses on the mental and emotional symptoms on one side of the chart, and the physical symptoms on the other.

So each month, on a regular basis, if you complete your chart, follow the patterns of your stress, you'll be able to work backwards and find out just WHAT has been stressing you. And deal with it!

Say **"YES to Less Stress"** and click on **Monthly Stress Check chart** in the left margin.

DISCOVERY

"The real act of discovery, is not finding new lands, but in seeing with new eyes"

Marcel Proust

LIFE, DAYS & COUNTING

"Do something to make each day count in your life; not count each day waiting for your life to happen"

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www.C2T2.co.uk

'Proper Coffee and other ways to GROW YOUR BUSINESS'

This is a superb quick read slim-line book – the type to dip and dive into for quick tips and advice - if you're in business for yourself.

Not everyone will find it 100% helpful however there are many useful suggestions in it such as:

~ Put your price up

~ What's your Reception area like?

~ Telephone techniques

~ Turn up on time

~ Use a mentor or coach

~ Write letters to the Press

~ The dangers of lowering your price

~ Go the extra mile

~ Go with your hunches – take risks

~ Don't be the cheapest – be the best
and something I would strongly endorse
~ Be ready for SUCCESS

This book, by Hugh Williams, is in the LawPack series and costs under a tenner. So buy it, and read it whilst having a cuppa coffee or tea and see what you can do to 'GROW YOUR BUSINESS'

Be SMART with your goals for 2006 – there's plenty of time

2006 is a Year of Discovery for all of us. We've never been **here** before.

And yes – we've possibly made a few New Year's Resolutions, yet how many are still strong? Are we still as resolute about them as on 1st January 2006?

No need to worry if that

resolve is slipping a wee bit. Maybe you haven't made them SMART for yourself – yet!

SO – what do you do? Well, re-appraise them using SMART, which stands for: Specific – *am I being specific or global (too big)?*

Measurable – *what steps do*

I have in place to know WHEN I have reached my goal?

Achievable – *is it within my power to achieve this? Or do I have to rely on others?*

Relevant – *is it what I WANT to do or am I doing it because others want me to?*

Timed – *do I have an end date or is it open-ended?*

About Our Organisation...

Our organisation offers a fantastic assortment of self-help, self-development, self-learning and self-healing.

It can: help you progress in your life, relationship,

career; help you set up your own business by lending moral support, challenging you, supporting you through the difficult times; and direct you to new pathways – in short it empowers YOU.

It won't: *finance you; pull the wool over your eyes; put you down or ignore you.*

It helps you help yourself!

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then please email me by clicking on one of the above lines

THANK YOU