

Lee Milteer's Millionaire Smarts® Coaching Program
Give Yourself A Break! Stress Management for Entrepreneurs
By Lee Milteer

IV. Create a Network of Support

Dear Millionaire Smarts® Members,

This month our topic is controlling Stress when dealing with problems, obstacles and adversity in your life and business. The truth is we all need someone else to listen to us, and give us strength when things are not going well in our business or lives. I am acting as a coach to you while you read this information to encourage you to do the things that build a system of support under you so help is there for you when you need it. Everyone needs support no matter who you are and how much wealth and success you may have. To the outside world, we look as if we always have our act together and the truth is, it's often an act. Yes, I know we must project confidence and strength but many times we are hiding our stress and not creating a firm foundation of true support that we all deserve.

One of the questions I love to ask people is: Do you have a contest with other people on how bad your day was? We go home at night and complain about employees, customers, taxes, vendors and a hundred other things. Do you realize that the old saying: "The lights are on but no one is home" applies here?

The people you complain to the most have likely tuned you out. Yes, they may be nodding but they are now watching the squirrel run up the tree outside or thinking about what they want to do next and not really tuning in to you at all.

The bad news for you is that you are not really getting authentic feedback or conscious concern. Without you even knowing it, you may be expanding the pain of the stories just to get a reaction. As an entrepreneur, professional, or business owner there are always going to be new stories you have to tell about the insanity of doing business but BE AWARE when you tell these stories you also program yourself with what is wrong with your life or business. You are reinforcing the negative. We never want to do that to our computer (our mind).

Remember the "garbage in and garbage out" theory. I suggest you print out the following advice as a reminder to build support before you need it. When you do need advice you will actually get some authentic feedback and comfort because you created it in advance. Sort of like a savings account for a rainy day. You create a support system to have for stress control.

12 TIPS TO DEVELOP A NETWORK OF SUPPORT

1. Find a place in your life that uplifts you or brings you peace of mind. This place could be in nature, a place in your home, or a park where ever you can go that brings you relief from the stress of the outside world.
2. Spend time with your family and loved ones. It's important that you take the time to spend time and not just money on the people you love. The bottom line of life is that we must find the time for those people most important to us, so give of your time to show how important they are to you. Life is short and you never know when they will be taken away from you. Nothing is permanent. Stop spending all your energy as the bread winner getting material things and start being present with your loved ones. Take the time to listen to them and their day. It's the little things and attention that show people that you care. Life is a gift, don't take it for granted.
3. Make a point once a day to tell the people you live with and love how much they mean to you. Don't assume they know. Write little notes, do things that let people know you appreciate and love them.
4. Be aware of how you treat your support system. Do you extend the same patience and courtesy to your family and friends as you do to your employees and associates? We often treat the ones we love with disrespect and disregard. (not smart if we want to keep them)
5. Be authentic and show an interest in other people's lives — joys and sorrows. You have to be a friend to have one.
6. Learn to really listen to what your family and friends say and not just act as if you are listening. Ask questions about what they think and feel.
7. Make a daily goal to extend kindness and thoughtful gifts of self. Lend a hand to someone who needs it. Do something from your heart to another soul. Offer to do things for people in need. Send a gift from your garden, kitchen, workshop, or creative hand because it often will mean more than anything you could have bought them.
8. Make a commitment to yourself to stay on good terms with everyone possible (even your competitors) since all business contacts, peers, and colleagues are all potential resources.
9. Keep your word. If you commit yourself to anything — a deadline, confidentiality, a committee — follow through. Reliability can pay dividends. If you find you cannot follow through renegotiate as soon as possible and make a new arrangement. Communication is the key.

10. Be mature enough that you never burn your bridges. You may have to cross that river again. You never know what the future will bring.
11. Cultivate and nurture your friendships. Be there for them if they are there for you. Write them a note. Send them a card. Clip a news item that would interest them. Visit them. Invite them to your house. Talk with them. Keep in touch with friends far away; even friends you have not spoken with for years will be thrilled to hear from you.
12. Learn the fine art of apology and forgiveness. Everyone does the best they can do with the knowledge and understanding they have at the moment. Don't allow yourself to hold grudges because it wastes your life energy and causes you bitterness and unhappiness. Forgive others to free yourself from the negative thoughts. Learn to apologize when you are wrong. That is what a true mature human being does.

In closing I must remind you that we create our reality with our thoughts and actions. Please be conscious of what you create. Post this where you can see it daily: I am the creator of my world and I give myself permission to live a great life!

Love, Beauty and Wisdom
Your Coach
Lee Milteer

P.S.: We have Free BONUS Faculty Reports for you to download at the Millionaire Smarts® Membership Site this month. Go there today and get them! The membership site materials change on the first day of each month. Go to <http://www.milteer.com>. Under Coaching Login (left side of page) put in Your **JULY CODE: 2468**.

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