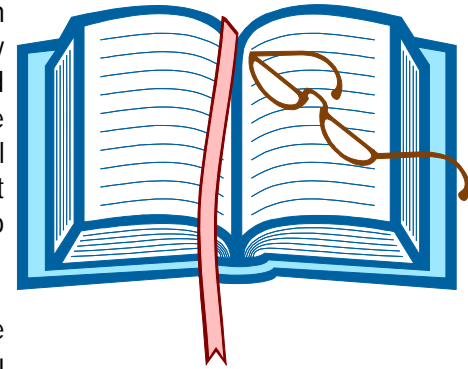




YOUR BRAIN'S OPERATING MANUAL

Wouldn't it be nice if you received an operating manual to your own brain when you were born. You could then work your way through the manual and know how to get the best out of yourself: Personally, professionally, entrepreneurially and money-wise. Unfortunately, we all have to figure out how our own brains operate through trial and error. And, we may never fully comprehend our brain's full potential. In spite of this, some people are able to figure out how to get the most of themselves early on in life. So, how do they do it? There are four steps to acquiring your own unique operating manual.



Step 1: Observe the results you get: In any area of your life where you would like to be more successful, you can begin by taking the time to observe the results you get. Notice what you do, or refrain from doing, when things are going well. Similarly, take note of what you do, or refrain from doing, when things do not go so well. By observing what happens in both scenarios, you are better placed to identify the key factors that make the difference between successful and poor outcomes.

Step 2: Build a helpful habit: Once you have identified the factors that make a difference between successful and poor outcomes, you are in a position to create your own unique helpful habits. Those habits will ensure you engage in those critical key factors on demand. So, that in turn, you will consistently create successful outcomes for yourself.

Step 3: DOIT: Once you have identified the helpful habit, it is just a matter of engaging in your new helpful habit as needed. As part of the doing, you may find it helpful to hook the new helpful habit onto an existing routine. In so doing, you can ensure that you do not forget to engage in the helpful habit as needed.

Step 4: GOTO: Once the new helpful habit is in place, it is time to return to step 1. In so doing, you can monitor the results you now get with the new helpful habit in place. If it is not working the way you intended or not yet bringing you consistent success, you may need to tweak your new helpful habit until it does. Once again, this will involve observing the results you get and drilling down further so that you can distinguish the key factors that make the difference between success and poorer results when applying this helpful habit. It may also be the case that when you have returned to step 1, that you identify additional helpful habits that may be needed to ensure consistent success. If so, then you can continue on to steps 2 and 3 with the additional helpful habits in mind. Once the helpful habit(s) is(are) working the way you intended, and bringing you the kind of consistent success you seek, you can turn your energies to another area of your life.

At the end of the day, we can all enjoy the benefits of having our own unique operating manual to our own brains. So, what are you doing to build your own operating manual today?

OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

Membership: \$330 per calendar year.

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To ensure an uninterrupted subscription to HQ® and CQ®, be sure to advise us of any changes to your contact details.

Your opinions are important to us. We invite your comments, feedback, and criticisms and etc. on this and future issues. Enquiries, or requests for further information can also be made to the address below.



REPLY SLIP AND REQUESTS FOR INFORMATION

- I would like to renew/become a member of Rachel Abramson & Associates. I understand that membership includes calendar year subscriptions to CQ® and HQ®, library borrowing privileges and entry into either the SEMINARS OF THE FUTURE® or PROFESSIONAL PRACTICE PROGRAM Seminars.
I would like to book into the 2014 PROFESSIONAL PRACTICE PROGRAM Year 1 seminars to be held on the first Monday from March to December, 6.00-8.00 pm
3 March: Setting Up Your Business: What You Need to Know.
7 April: Handling the Paperwork, including the GST.
5 May: Processes and Procedures that Work.
2 June: Determining Your Price and Fee Setting.
7 July: Budgets and Cash Flows.
4 August: Marketing Your Business: Your Product.
1 Sept: Marketing Your Business: Promotion Strategies that Work.
6 October: Marketing Your Business: Getting Your Image Right.
3 November: Marketing Your Business: Alternate Places for Your Product.
1 December: Marketing Your Business: Databases for Your Business.

Or: I would like to book into the 2014 SEMINARS OF THE FUTURE®, to be held in March, July and October as follows:

Day 1: 17 March or 9 July or 10 October
10.00: Who am I? (In work and life?).
11.15: Who do I want to be? Identifying your true calling, life purpose, values and nourishing interests.
02.00: Identifying potential barriers to career/life success.
03.15: Your unique action plan.

Day 2: 24 March or 16 July or 17 October
10.00: Managing work and life time in turning your plan to action.
11.15: How to best answer questions of age, experience or gaps in your career.
02.00: Yes you can! Finding the right path to a confident, proactive career.
03.15: Building social media profile to support your career.

Day 3: 31 March or 23 July or 24 October
10.00: Selection criteria, cover letters and your CV.
11.15: Interviewing prospective employers.
02.00: Networking and the hidden job market.
03.15: Preparing the way for that next promotion.

- I would like to order a copy of the Self Hypnosis audio tapes for:
anxiety management sleeping well
resolving problems and issues of concern stress management and relaxation

- I would like additional information about the:
CAREER DAYZ™ Program Hypnotically Overcoming Pain Program
SEMINARS OF THE FUTURE® Managing Anxiety Program
PROFESSIONAL PRACTICE PROGRAM ReTreat Program: Exercising the Mind
Stop Smoking Program
Stress Management Program
Weight Management Program

FEES: 1) Membership for 2015 Calendar Year: \$330
2) Self Hypnosis audio tapes \$35 each
Plus: \$5.50 audio tape postage and handling fee

Please make cheques payable to Rachel Abramson. All fees include 10% GST. Total: \$=

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