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Before we begin please:

1. Print out this ACTION GUIDE  
<http://www.lindahancockteleseminars.com/thankyou.html>
2. Find a pen
3. Get ready to take lots of notes
4. Enter or think about questions that you will enter in the box provided

**DATE:** Sunday October 18, 2009

**TIME:** 6 pm Pacific/9 pm Eastern

**TELEPHONE:** 775-335-3180

**PASS CODE:** 7551098



**TOPIC: SENDING MIXED MESSAGES WILL HURT YOU**

**Concentrate all your thoughts upon the work at hand. The sun's rays do not burn until brought to a focus. – Alexander Graham Bell**

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## In this Teleseminar you will learn and discover:

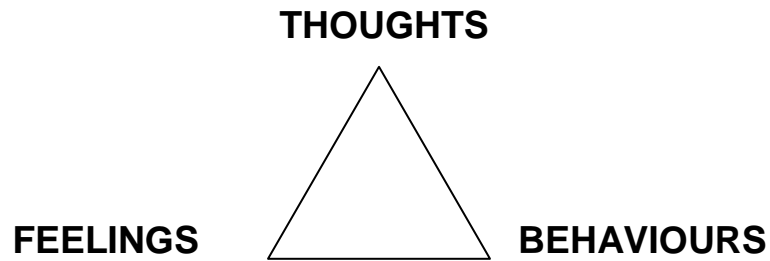
- Three parts of the personality
- The starting point and direction for doing well
- What Tiger Woods claims is his secret of “success”
- The meaning of the term “mixed message”
- The disadvantages of giving “mixed messages”
- Ten tips for staying focused
- And a whole lot more

**REMEMBER:**

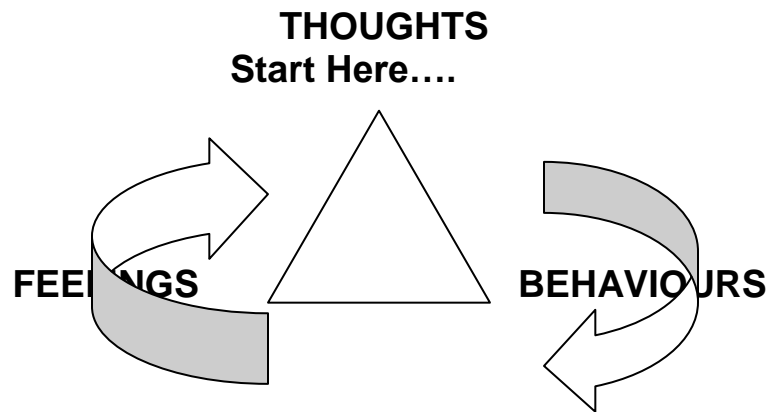
No matter how horrible things appear to be  
You can choose to do at least one little thing to  
make every day an adventure!

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**1. Three parts of the personality**



**2. The starting point and direction for doing well**



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### 3. What Tiger Woods claims is his secret of “success”



**My main focus is on my game.”**

### 4. The meaning of the term “mixed message”

MACMILLAN  
DICTIONARY

1. something you say that is confusing because you behave as though you mean something else

**I**Synonyms or related words for this meaning of **mixed message**: *confusion, ambiguity, bewilderment, muddle, puzzlement...*

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## **5. The disadvantages of giving “mixed messages”**

- a) Lose support**
- b) Lose trust**
- c) Confuse your children**
- d) Feel upset**

## **6. Ten tips for staying focused**

- a) Think about what you are doing - before you do it!
- b) Consider all the consequences and decide whether you can live with them (think about the worst possible scenario). Think long-term vs. short-term.
- c) Write down every single reason that you have for doing this
- d) Set up your personal support systems
- e) Set up your professional support systems
- f) Remember that you cannot change other people
- g) Take responsibility for your own choices
- h) Let others take responsibility for their choices and health
- i) Do at least one thing every day to move closer to a healthy life
- j) Seek appropriate help on a regular basis

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## 7. And a whole lot more...

- a) Send me your questions so that I can present other teleseminars that will focus on answers to help you!

. <http://www.lindahancockteleseminars.com/thankyou.html>

- b) Read the Special Report that I have written on the "10 Things You Should Never Do During a Divorce" at <http://divorceactionguide.com>