



**Mistakes: Stepping stones to success**

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Nobody likes making mistakes. But — it’s through mistakes that you often take the biggest steps forward. **More...**

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It’s not so simple to balance your work and personal life. Read this article for strategies that may help as you try to juggle your life. **More...**

What can you learn in your current job that might expand your life or perhaps uncover a hidden passion? Make learning on the job a top priority. **More...**

## Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

# Mistakes: Stepping stones to success

October 2012 Newsletter



## Learning by trial and error

Nobody likes making mistakes. But — unless you avoid taking any risks in your life — you're bound to make some. And it's through mistakes that you often take the biggest steps forward.

The inventor Thomas Edison tried for years to create a light bulb. He met with frustration many times but finally succeeded.

And, even with all of his setbacks, he's famous for saying "I haven't had any failures. I just found 10,000 ways that didn't work."<sup>1</sup> Now that's a positive spin! And a great example of learning from mistakes — and moving forward.

### Make mistakes into learning experiences

In order to learn from mistakes, you need to:

- **Put yourself in situations where you can make mistakes.** That means trying new ideas and strategies. It means being inventive and taking reasonable risks.
- **Feel self-confident enough to admit to errors.** If you want to improve yourself, you must try and fail...and try again. If we all succeeded the first time we attempted something, what would we improve on?

- **Make changes after analyzing what went wrong.** There is no point in feeling guilty after a mistake. Instead, focus your energies on figuring out what went wrong. Then apply changes and try again.

### Let go of the idea of "perfect"

Perfectionism is the fear of not getting everything completely right. Perfectionists are sometimes unable to take any action because of their fear of making mistakes. Their fears stunt their own growth.

### Choose to move forward

The smartest people aren't the ones who make no mistakes. They're the ones who learn from their mistakes. Time after time, success is a result of courage, creativity and persistence!

**<sup>1</sup>[pickthebrain.com](http://pickthebrain.com)**

# The dollars and “sense” of smart shopping

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## Tips for savvy shopping

Holiday shopping is just around the corner and — if you’re like most people — you’re watching your money carefully. Now’s a perfect time to consider your shopping habits. Whether it’s holiday season or any other time, take some steps to become a smart shopper.

### Ready, set, stop!

Before you hit the mall, remember: Smart shopping requires planning and self-discipline. Here are some tips that may help:

1. **Always carry a shopping list.** A shopping list keeps you focused. There are always temptations when you shop. To avoid spending on things you don’t want or need, keep your list handy and stick to it.
2. **Decide how much you can spend before you shop.** Think ahead about what you can and want to spend. You might do some research online to find out the price ranges to expect for the items you want.
3. **Don’t buy when you’re bored or sad.** Shopping can fill time and even cheer you up when you’re in a sour mood. Browsing is fine, but buying when you’re down isn’t usually in your best interests.

4. **Not sure about an item? Put your credit card back in your wallet.** Feeling uncertain if you like, want or need something? Then put the article down and walk away. Chances are you won’t regret it. If you do, you can go back to the store later or order the item online.
5. **Choose your shopping friends wisely.** Shopping can be a fun social activity. But consider: Does your friend spend more freely than you do? Will you feel pressured to spend more in his or her company? Enjoy your friendship, but avoid adopting spending habits that don’t fit your budget.
6. **Save receipts.** Today many stores email you the receipts for your purchases and returns. Many still give paper receipts. Create a system for saving one or the other. Receipts are important in case you (or your gift recipient) need to return or exchange an item.

### Ready, set, shop!

You can add your own ideas to this list of basic shopping rules. The point is: Think before you spend. You’ll be thankful for it when the bills arrive!

# Your worklife balance: Are you trying to juggle too many things at once?

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## Get some tips on juggling your work and life demands

Professional jugglers can easily keep eight or more balls in the air at once. But when you're trying to juggle all the parts of your work and personal life, it's not so simple!

There are six major "balls" in your life that demand energy and attention.<sup>1</sup> These are your:

- **Health** – overall physical, mental and emotional wellbeing
- **Family** – your parents, spouses, partners, children, relatives and pets
- **Friends** – those in your life who give you social support and connection
- **Finances** – budgeting, credit/debt management, savings and investments
- **Spirit** – pursuits that lead to personal and spiritual satisfaction
- **Work** – showing up to work each day, getting along with coworkers and doing your best at your job

### Can you really juggle it all?

No one can give 100 percent of their attention to all six "balls" at the same time. But here are some strategies that may help you as you try to juggle your life:

1. **Manage your time.** Try putting your daily or weekly schedule on paper. Seeing your schedule can give you a greater sense of control. It can also help you find where there may be openings to do the different things you want and need to do.
2. **Lower your expectations — and don't be hard on yourself for it.** Whatever you plan to do...it's probably too much! Be fair to yourself. Lower your expectations if you're trying to juggle too much each day or week. If you let some balls drop temporarily, you can pick them up later.
3. **Exercise, breathe, eat healthy and rest.** It's not possible to deal with all your demands if you don't take care of yourself. Make sure to write "you time" into your schedule for at least 30 minutes each day.

<sup>1</sup>sixwise.com

# e-Thoughts - *Learn something new in the job to improve your value*

*October 2012 Newsletter*



*Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.*

I think I've learned something new in every job I've had. Maybe because I was asked to take on something for which I had no previous experience. Or because I volunteered in an area in which I had little knowledge. At other times, I've offered to help coworkers who also helped me to learn and grow. I've often found that these experiences help me grow as a person, as well as increase my value to the company.

This practice has also helped me learn more about myself. One of the things I've learned is that I love to teach. I'd never have known this if I hadn't been asked to teach staff about changes in my field that were soon to take place. At the time, I kind of dreaded having to

do this. Over time, however, this interest evolved into an occupation and one from which I get great energy (and extra income).

### **Just a thought:**

What can you learn in your current job that might expand your life or perhaps uncover a hidden passion? Make learning on the job a top priority.

# *Learn, Grow, Change*

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