

# The World Needs You!

Welcome to this edition of your Weekly Winning Resource all about ebullient. To be ebullient means you are highly energetic and excited about life.

It seems these days it's getting harder and harder to find people who are genuinely excited about life. Even the people we know who are usually always happy seem to be exasperated and not as cheerful. Why do you suppose that is? There are many reasons, but the simple answer is exposure. Whatever you are exposed to on a regular basis, you will absorb, and whatever you absorb, you will pour out. If you are feeling less than energetic and excited about life lately, you are not alone! In today's world, we are more exposed to horrific news and negative events more than ever in our history. Our technology is moving ahead at warp speed and the information overload on our brain is too much. As one person, it feels like you can't make a difference. Don't buy into this lie. You can! The good news is, you get to DECIDE what you are exposed to, or at least to some degree. No matter how much you try to avoid negative news or people, you can't get away from it totally. However, you can reduce the data overload greatly by being intentional about how much, where, and who you allow in your space. This world needs more ebullient people, be ebullient!

## Your Weekly Winning Word:

### **Ebullient:**

**Cheerful and full of energy; overflowing with enthusiasm and fervor.**

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## **Your Weekly Winning Article:**

To remain ebullient in these times will be difficult no matter what you do. However, with a decided mindset, you can be intentional about certain things you absorb that will be helpful. At the end of the day, you are the only thing you can control. Why not choose to be cheerful and full of joy! In our Weekly Winning Article we share with you four things you can do to protect yourself from overexposure to negativity to help you keep a more ebullient mindset.

[Click Here to Read](#)

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## **Your Weekly Winning Challenge:**

When is the last time you've challenged yourself on how much time you spend absorbing negativity from all the facets you are exposed to? Let's do an inventory. Your challenge this week is to journal exactly how much time you are spending on social media, watching news, or wherever you are being exposed to data. It's not that being informed is a bad thing, but it is definitely something you want to limit to what makes sense for you and your particular goals and dreams.

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## **Your Weekly Winning Quote:**

*“When the roads get difficult, the warriors become extra ebullient.” ~Annu Yadav*

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**If you are feeling less than energetic**

# and aren't as excited about your goals and dreams as you should be, let's have a conversation.

A coach can help you reignite your passion! If you haven't already, consider upgrading your membership to a Launch My Success Membership that includes coaching. You can opt for weekly group coaching or one on one coaching, whichever makes the most sense for you. With our nothing to lose money back guarantee, you have NOTHING TO LOSE and only SUCCESS TO GAIN. If you become a Launch My Success Member and decide after the first month, you aren't glad you made the switch, we will refund your money no questions asked. Go to your membership website at [www.ivedecided.org](http://www.ivedecided.org) and be sure to log in as a member. You can select your membership and upgrade today!

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**JULY**  
WEEK 2

<b>MONDAY</b> 11	<b>TUESDAY</b> 12 Take me out to the ballgame for St Jude. Game is at 6:55PM Tickets are still available. Let Kim know if you want to go!	<b>WEDNESDAY</b> 13	<b>THURSDAY</b> 14
<b>FRIDAY</b> 15	<b>SATURDAY</b> 16	<b>SUNDAY</b> 17 Weekly Winning Resource Arrives in your Email at 9:15pm CST	<b>NOTES:</b>

**I'VE DECIDED FOUNDATION**

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Included in your membership are the recordings of our events. If you want to remember a key point you heard in one of our past conferences or from the last Community Networking & Learning (CNL) click here: [Past Recordings – Members Only](#) and it will direct you to our website to watch!

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[\*I've Decided: Host Kim Martin & guest Greg Eberle – Gallant\*](#)

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