

These Can Make You Sick!

We are excited to bring you this edition of your Weekly Winning Resource all about the word openness. If you attended our Virtual Monthly Group Session with Kim this past Tuesday, then you know our monthly main focus is about community and relationships. There is no better foundation for building lasting relationships than openness. Openness is the cornerstone to a meaningful dialogue with people. There is healing in openness and it allows others to share in your journey at a deeper level. A saying we hear often is, "There is no shame in my game!" As funny as it sounds, it is something we should consider. There really is no shame in our past mistakes or bad choices we've made along our success journey. The important thing is, we live and we learn. We share our failures and faults with others in hopes to help someone or encourage them. Carrying shame and keeping secrets tucked away is like having a chain around your heart. Secrets can make you sick and cause severe anxiety and even depression. People who are successful tend to live with a willingness to share their personal stories with a sincere openness and honesty that others can look up to and respect. Decide now to have a nature of openness and don't harbor any secrets that could make you sick.

Your Weekly Winning Word:

Openness:

The quality of being honest and not hiding information or feelings.

Your Weekly Winning Article:

Healthy relationships are one of the great benefits of openness, but there are others. What are the benefits of an

attitude of openness? Let's take a look in our Weekly Winning Article.

[Click Here to Read](#)

Your Weekly Winning Challenge:

Take some time this week to consider how open you are. Do you have at least a few meaningful relationships where you can share everything honestly and safely? Do you have a secret you've held on to for way too long and need to get it off your chest? Tucking them away may seem like the easiest way to cope with things we aren't proud of, but that doesn't allow complete healing. If you are going to live your best life, you will have to adopt an attitude of openness. What is one thing you can do that will help you be more open in your life and relationships?

Your Weekly Winning Quote:

"There is no greater agony than bearing an untold story inside you." ~Maya Angelou

Why should you work with a coach?

A coach can be that listening ear when you have something weighing down your heart. 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 and be sure to log in as a member. You can select your membership and upgrade today!

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JUNE
WEEK 3

| MONDAY 13 | TUESDAY 14 | WEDNESDAY 15 | THURSDAY 16 |
|-----------|-------------|---|---|
| | | | ** SPECIAL EVENT ONLY ** Don't miss our Community Networking & Learning today. In person at Barrack's Cafe for most BCAP (FREE BREAKFAST) 8:30-10AM CST or join Virtual on Zoom |
| FRIDAY 17 | SATURDAY 18 | SUNDAY 19 | NOTES: |
| | | Weekly Winning Resource Arrives in your Email at 5:15pm CST | |

I'VE DECIDED
BOARD LLC

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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[*Kurt P. White – 7th Principle – Unlimit Your Life*](#)

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