

**Profit Strategies, Inc.**  
Dedicated to your  
personal & professional  
**SUCCESS**



## Inspiration for Entrepreneurs Newsletter

FEBRUARY 2005

*From Suzanne --*

### Preparing for an Exceptional Year

Preparing for an exceptional year means more than setting and achieving goals. It also means letting go of the old and making room for the new. The whole concept of "letting go" has been something I've never been particularly comfortable with or fond of, however, I find in moving forward to achieve my heart's desires, letting go is often what is necessary. For me, moving forward can be bittersweet.

This letting go notion has taken the form of letting go of friendships that I've outgrown, ways of thinking that no longer serve me and getting more honest than I thought was possible or safe. While this part is not all that fun, it is freeing. Preparing for and moving into new levels of ourselves and our businesses requires clarity of thought, peace, discipline and focus. The following excerpt was sent to me recently from a colleague when I was experiencing the challenges of letting go and beautifully states the reality that many of us are dealing with in preparing for an exceptional year:

*To have an exceptional year, you need an abundance of space, not only in your closets and drawers, but also in your awareness. You can't expect to be open to new ideas or creative solutions when your mind is filled with nagging concerns, upsets, regrets or anxiety. Just like your office files and your bathroom drawers, your thoughts and emotions must also be organized so they support you rather than hinder you on the path to your best year.*

Below are a few other things to consider in preparing for an exceptional year:

**Slow down** – While the tendency might be to speed up to get stuff done or to achieve specific goals, make a conscious effort to slow down. Savor your energy by doing one thing at a time. Surprisingly, I'm getting more done like this. It's a hard habit to break. My old thinking is that if I'm feeling frantic and doing lots of things simultaneously I must be

### Resources for Entrepreneurs

- Office Depot Success Strategies for Women Conference February 27- March 1 [click here for more info.](#)

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- Entrepreneur Hour on-going Success Seminar Series register now to improve your business in 2005! Visit [SuccessSeries](#) for more info.
- Getting the Guts to Start your Own Business Series to Start February 3, 2005. Visit [www.profit-strategies.com](#) for more information

### Coming Soon

- After the Show...A message board will be set up for entrepreneurs to share their experience and expertise on topics discussed on The Entrepreneur Hour Radio Show.
- Suzanne's feature article titled, 31 Ways to Get the Guts to Start your Own Business, will be featured in [Entrepreneur Magazine's](#) April edition that hits the stands on March 22, 2005.

the entrepreneur hour



### The Entrepreneur Hour Radio Show Upcoming Schedule

Every Monday @ Noon EST  
WBZT 1230 AM in South Florida

Listen from anywhere now via Live WEB STREAM!! Go to [www.wbzt.com](#) and click on "Listen Live" in the menu on the left

February 7 -- Creative Leadership Building -- Through an Antarctic Expedition -- Check out this expedition at [Antarctic Expedition](#)

February 14 -- Connecting to Your Passion

February 21 -- The Fear Factor

February 28 -- LIVE from Office Depot Success Strategies For Women Conference

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Speak with Suzanne  
Ask the Guest Questions  
Call The Show @ 561-844-6167

accomplishing a lot. The opposite is actually true.

**Go with the Flow** – The only time salmon swim upstream is when they are heading to lay their eggs and die. Go with the flow. From someone who used to be a control freak, needing order in every area of her life, it is possible to learn to go with the flow. Going with the flow makes room for the mystery in our lives. It makes the unknown tolerable and exciting.

We are all on this journey together. I am grateful to be a part of your journey.

Suzanne

### Announcements --

-- The Getting the Guts series is scheduled to start February 3. This seven-week virtual classroom series, based on Suzanne's book, *Employee to Entrepreneur* provides an entrepreneurial community of inspiration, guidance and innovation to people who want to start a business. Join a community of entrepreneurs who are getting the guts to start their business. Below is a comment from a participant of our free Getting the Guts orientation on January 20.

*"Suzanne, GTG orientation last night was inspiring. I have decided I need the your support to make it through my transition." Mark L.*

--Suzanne wrote a feature story titled, *From Employee to Entrepreneur: Crossing the Financial Bridge* for *Entreworld.org's* February edition. You can read her article at: [www.entreworld.com](http://www.entreworld.com)

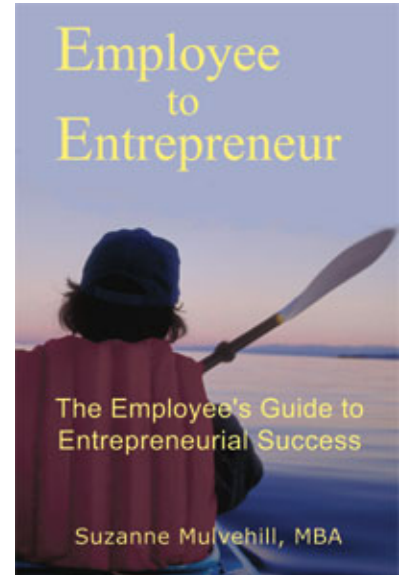
--The Entrepreneur Hour Radio Show is now linked through the *Entreworld* website. Visit:

[www.entreworld.org/content/hotlinks.cfm](http://www.entreworld.org/content/hotlinks.cfm).

-- Suzanne has been invited to join the editorial staff of *CareerNews.com* and is a regular columnist. You can review her articles at: [www.thecareernews.com](http://www.thecareernews.com). Her articles are featured in the following issues this month: January 10, 2005, January 24, 2005.

-- We've received many requests for a printable version of the *Inspiration for Entrepreneurs* newsletter and are pleased to announce that beginning in March, a printable version will be available.

### Suzanne's Book



**\$19.95**

Now available for purchase through [Amazon Online](http://Amazon Online)

*Employee to Entrepreneur* prepares the most important resource for entrepreneurial success...yourself. Suzanne's practical easy-to-follow guidelines will transform you if you let them.

#### What Others Are Saying About This Book:

"No matter how successful you were in corporate America, you know nothing about becoming an entrepreneur. I know because I was the President/CEO of four companies before I became an entrepreneur. I could have used this book."

*Sigmund Goodwin  
Vice-President  
The Radcliff Company*

"How I wished that I had had this precious and practical tool to help me in my escape from Corporate America! After 15 years in "Fortune 50" Corporations I was convinced that the "crossing" was not possible. Practical advice such as "what to do until the money flows" would have greatly eased the transition for me. Negative corporate management's reinforcement about the "big bad world" and not realizing that it didn't have to be an all or nothing transition delayed my ultimately successful escape by years. This book will be an entrepreneurial bible."

*Angela Love, M.S., Professional Coach,  
Angela Love and Associates, Inc.*

-- The Emotional Endurance Institute for Entrepreneurs, the non-profit agency founded by Suzanne Mulvehill, MBA and Carole Kay, was approved this month as a 501(c)3. We will be applying for grants to provide emotional endurance training and will keep you informed.

-- The Entrepreneur Hour Radio Show will produce a live show at the Office Depot Success Strategies for Women Conference on February 28, 2005. Visit: [www.theentrepreneurhour.com](http://www.theentrepreneurhour.com) for more information.

-- The Entrepreneur Hour Radio Show began live web-streaming January 3, 2005. We've had responses world-wide from the show. Thanks for listening! Feel free to write to us anytime about story ideas or to give us feedback.

-- Miss a show? The Entrepreneur Hour Radio Show is pleased to present on-demand streaming of past shows. This service is currently free as we build our database of past shows. Check it out at: <http://www.profit-strategies.com/hour.htm>

-- Got an idea for a show? E-mail Victoria Pearson at: [victoria@profit-strategies.com](mailto:victoria@profit-strategies.com).



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