



SELECTIVE PROFESSIONALS'
NETWORK

SPN eNEWS

November 2018

“Love does not begin and end the way we seem to think it does. Love is a battle, love is a war;
love is a growing up.”

– James Baldwin

Something to think about— “Life isn't about finding yourself. Life is about creating yourself.”
– **If we spend our entire lives looking for that spark, drive, or miracle, it is possible that this search will just lead to disappointment. Instead of waiting for the fantastic to happen to you, *make something fantastic happen!***

This November, we would like to let you know what's new at
SELECTIVE PROFESSIONALS' NETWORK

- The final month of 2018 is upon us. Hoping you are enjoying the start of the festive season. We would like to take this time to thank you for your business and wish you a wonderful holiday season with family and friends. All the best for a holiday filled with much joy, peace, and love! May the New Year be bright and filled with good health and happiness!



- Please note that **Selective Professionals' Network** does not arrange introductions between December 15-Dec 31, as this is a time where our clients are busy with family, friends, and events celebrating the holiday season. We will resume introductions on January 2, 2019.



- **The Most Wonderful Time of the Year!** The snow has fallen, the local malls are full of shoppers, and the holiday beverages have hit our favourite coffee shops: that means that it is once again the holiday season! We've put together a few fun activities that you can do with a special someone to celebrate the festivities:
 - 1) **Bake Some Holiday Treats** – Butter tarts, shortbread cookies, or anything yummy!
 - 2) **Plan a Festive Get-Together** – For your friends, family, or even just for the two of you!
 - 3) **Practice Singing Christmas Carols** – Even if you can't sing, it's still fun to try!
 - 4) **Curl Up and watch a Classic Holiday Movie** – The easiest way to spread holiday cheer.
 - 5) **Go Ice Skating on the River** – A classic and fun Winnipeg activity to do together.
 - 6) **Or, Grab Some Hot Cocoa at your Local Café (with marshmallows of course)!- And find a quiet moment to catch up with your friends.**
 - 7) **Donate a gift to Winnipeg Harvest or Toy Mountain-** Bring joy to those in need.



- **The Hidden Christmas Miracle** – Winnipeg’s best-kept Christmas secret is truly something to behold: the entire building at **St. Mary’s Nursery** transforms into a winter wonderland of festive lights and displays. Over thirty themed Christmas trees and coordinated vignettes are displayed inside, while outside the gardens take on their own version of Christmas cheer with numerous light displays. You can also drink some hot apple cider, go on a sleigh ride, or take part in one of their many festive classes happening throughout December! If you are looking for a place full of holiday cheer, look no further than St. Mary’s Nursery.



- **The Secrets to Being Successful:** – Oftentimes, to become successful and get closer to your ideal self, it is not about adding more things into your life—instead, it is about giving some things up. While there are some more personal examples of this, there are also universal things that will apply to anyone, even though every one of us may have a different definition of success. Read the list below and consider whether giving up some of these items may lead to your own future accomplishments!



1. Give Up Your Unhealthy Lifestyle – If you wish to achieve anything in life, everything begins at this step. Your health is your life, and before you can improve on anything else, you must focus on keeping both your body and your mind strong. This may include getting quality sleep, maintaining a healthy diet, and participating in regular physical activity. While these may seem like small or simple steps, they are the groundwork for success in all other areas.
2. Give Up Your Short-Term Mindset– Successful individuals set long-term goals, and they realize that these are merely the result of short-term habits that they do every day. These small habits should not be something that you do, but instead, they should be something you embody. There is a difference between working out to lose a few pounds and working out because that is who you are!
3. Give Up On Playing Small- If you never try and take great opportunities or allow your dreams to become reality, you will never unleash your true potential—and the world will never benefit from what you *could* have achieved. Voice your ideas, do not be afraid to fall, and most importantly do not be afraid to succeed.
4. Give Up On Excuses- Honest people know that they are responsible for their life, no matter their starting point, weaknesses, or past failures. By realizing that you are responsible for what happens in your life, you can then begin moving forward and doing what is right for you and your dreams. Excuses limit and prevent us from growing both personally and professionally!
5. Give Up On Your Fixed Mindset – Individuals who are set in their ways think that their intelligence or talents are pre-determined traits that cannot be changed. They also believe that their talent alone leads to success without any hard work—but they

are very wrong! Successful people invest their time in developing a mindset of growth, which includes acquiring new knowledge, learning new skills, and changing their perception in order to further benefit their lives. Who you are today is not who you have to be tomorrow.

6. Give Up Believing in Quick Success- By making small and continuous improvements every day, in time you will have gained many advantages that are not only beneficial, but also rewarding. Overnight success is a myth, and it can only lead to disappointment in the long run.
7. Give Up Perfectionism— No matter how much you try, nothing will ever be perfect. Fear of failure (or even success!) often prevents you from taking action and putting yourself out there in the world. If you focus on making things perfect, many opportunities may be lost by the delay.
8. Give Up Multi-Tasking- By choosing one thing and putting your all into it, your chance of success and overall quality will skyrocket. Being fully present and committed to one task is indispensable.
9. Give Up Controlling Everything- Detach yourself from the things in which you cannot control, and focus on the ones that you can. Also, know that sometimes the only thing you will be able to control is your attitude towards something!
10. Give Up On Saying Yes to Opposing Ideas- In order to accomplish your own goals, sometimes you may have to say no to certain tasks, activities, and demands from your friends, family, and colleagues. Short-term, you might sacrifice a bit of instant gratification, but when you later accomplish your goals it will all feel worth it.
11. Give Up Toxic People- Those whom you spend the most time with add up to who you become. If you spend time with individuals who refuse to take responsibility for their life, always find excuses, and blame others for their situation, you will start to feel and act the same way. By surrounding yourself with people who are trying to improve themselves, you will feel more inspired to take charge of your own life.
12. Give Up Your Desire To Be Liked — There will be some people who like you and others that do not. No matter what you do, it is impossible to make every single person like you—and this is completely natural. There is no need to justify yourself. The only thing that you can do is remain authentic and work on improving yourself!

13. Give Up On Wasting Time- You only have one life, and that is why you owe it to yourself to see who you can become and how far you can go. However, to do this, you need to ditch things that waste your time and stop allowing them to become an escape to push back on your existing goals. Take control over your focus and make the most out of your 24 hours!



While these are just thoughts and guidelines to consider, it is important that you take the time to reflect on what you can remove from your life in order to improve both yourself and your overall success. Sometimes it is more difficult to take things away than it is to add, but if it means future happiness and prosperity, it is certainly worth it!

- PER YOUR CLIENT AGREEMENT: Don't forget it is up to you to advise us whether you are available to be considered for any introductions in December. Please email to info@selectiveprofessionalsnetwork.com or info.spn@shaw.ca during the first week of EACH month and advise if you are available for an introduction. In the subject line, you can put- "*Available for an Introduction*". ***If we do not hear from you, it will be taken as you are unavailable to be considered for an introduction.***

This would include if you have been introduced to a candidate, agree to meet again, and then you did not continue seeing each other. We won't know unless you tell us. 😊

Also, during the month, do not forget to notify SPN if you become unavailable.

- Thank you for your referrals in October. We love to help people and would love to help those who are not aware of **SPN**. If you know of anyone who may benefit from the services of **SPN**, please feel free to refer them. This month's new referrals will be thanked with a gift card to **Starbucks**. Therefore, please ensure any potential clients you have referred, do provide your name.

Should you know of any successful, single professionals between the ages of 25 through 75ish, looking for a better way to connect with like-minded singles, please have them contact:

Paula at Paula@selectiveprofessionalsnetwork.com (Cell: 204.995.3175)

- If you are a past client and would like to reactivate your membership, please ask about your options.
- Each month, **SPN** will email you our **monthly** newsletter. You should expect to receive it towards the end of each month. If you do not receive it by the end of the month, please contact **SPN** to notify us that you have not received it.

Best regards,

Patricia Veert
President

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