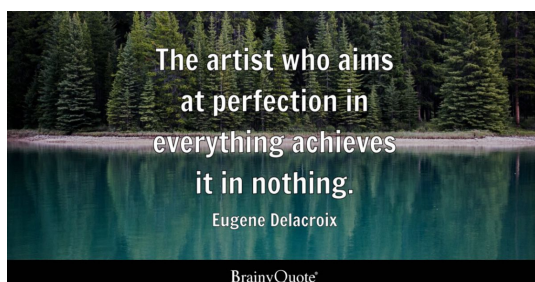




April 3, 2023

The Best is Still To Come

Toes in the sand; Mind engaged



Coaches Corner

"The artist who aims at perfection in everything achieves it in nothing."

Eugene Delacroix got it right!

If we wait to be perfect at something to do it, we will never DO anything.

Perfection shouldn't be our goal; **doing it** should be our goal.



Welcome!!

Welcome to our April Newsletter!

**Wow! It is hard to believe it is April already!
Each year seems to go faster and faster.**

How is your freelancing career going this year?

**I hope you answered fabulously! Robert and I
want you to be the BEST FREELANCER and
achieving all your goals.**

**But if you aren't, have no fear! Robert and I to
the rescue!**

**We have a workshop planned for Saturday,
May 6th. Watch your emails for all the details.**

**We are only successful, if our clients are
successful**

Eat the Frog

You want to become a successful freelancer, but something keeps sabotaging your results – PROCRASTINATION!

Can you win the war against procrastination and become that successful freelancer you want to be?

OF COURSE, YOU CAN!!! Keep reading to find out how!

We all start our day with good intentions to be productive. What's the old saying ... "the road to hell is paved with good intentions?"

We don't mean to get sidetracked. Many of us start our day with a list of things to get done, and somehow that list always seems to have more things to do than humanly possible. But lists are good, right? They keep us focused on what needs to get done, and we feel good when we can check the



completed items off. But that is only true when we achieve our goal and finish everything.

We often don't get everything done, and then we feel deflated. But our lists are not the problem.

The problem lies that a lot of the time, we start our lists off with the wrong things. Many of us start our day reading our emails. And then we get distracted responding to emails, and maybe answering one, our mind wonders about something else we need to check online. Then we go down that rabbit hole and get sucked into checking social media, our text messages, and so on and so on, and the next thing we know ... we just wasted the whole morning, and we didn't accomplish one freelance-related item on our to-do list for the day!

Sound familiar? I know it did for me ... until I found the secret to overcoming procrastination!

Eating the Frog.

Yuck was my first reaction! But what is "*the frog*?" The frog is the one difficult task you want to accomplish for the day. It could take anywhere from one to four hours to achieve – but you ONLY have one frog per day.

The idea is to get that frog taken care of first thing when you sit down at your designated work area. Don't look at any email, don't go on social media, and put your phone in another room. Have only one tab open on your computer to avoid getting distracted.

For you, a freelancer, that frog might be to find and submit a proposal for x number of jobs that day. Only have your Upwork tab open in your internet browser and maybe a word document for you to compose your cover letter. The time you allow for this frog will be dictated by the number of proposals you want to write.

Let's say you want to find three jobs to submit proposals for, and you decide you will allot two hours to accomplish this. Set a timer for one hour so you can take a five to ten-minute break after sixty minutes to stretch, go to the bathroom and drink some water – all essential things to get done to keep motivated. Then sit back down and get back to work. Set that timer for another sixty minutes, and you should be done with your frog when it goes off!

Wonderful! Now you have accomplished the most challenging thing you wanted to get done, and now you are really feeling motivated.

When you put the ONE hard thing or time consuming on your list to get done first thing in the morning, and you accomplish that – you set your thoughts to wow – I can achieve anything, and this puts you in the right mindset to be successful.

So, join me for breakfast, and we will all eat our frog first together!

CHECK OUT THE QR CODE

FOR OUR WEBSITE

Now you can find our website quicker from your phone!! Check out our website, which Robert has been updating. Send us your comments using the contact us link on the website, and let us know what you think!



Our Newsletter

Let us know what things you would like us to cover in our monthly newsletter.

Are you having areas that are giving your trouble? New things happening in Upwork, and you are not sure how to proceed?

Let us know, and we will cover some topics in our newsletter.

We want our newsletter to be informative and relevant to YOU!

Send us your topics for us to cover to: rptvirtualservices@gmail.com, and we look forward to answering your questions.

[Interesting Article](#)

The Trends Shaping The Freelance Revolution In 2023

2023 is a growth year for freelancers! Don't be left behind.

NOW is the time to get your freelance career booming. Post Covid is exciting times for freelancers.

Here is an interesting article for Forbes verifying this. Read it here: <https://www.forbes.com/sites/j...>

Any questions about this article or anything freelancing or Panama, contact us at rptvirtualseervices@gmail.com



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