

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**10 Things Between You and A Great Life**

**By Kathy Gates**

**10 Things Between You and A Great Life by Kathy Gates**

1. Unfinished business: Free yourself from the past by identifying and cleaning up your unfinished business. Call an end to whatever you started – a project, a diet, a feud, a commitment – by dumping it, delegating it, or doing it.

2. Ignoring the Present: Today is a result of all the Today's that came before it. A well lived present will naturally produce wonderful future. Save a dollar today, and you'll have a dollar tomorrow. Eat 500 calories less today, and you'll lose weight tomorrow. Only what you do TODAY can affect tomorrow.

3. No Priorities: Never trade what you want at the moment, for what you want the most. If you just react to the next thing that gets your attention, you'll never have enough time for what is important. Don't schedule your time around your priorities. schedule your Priorities around your time.

4. Betraying yourself: Telling lies to yourself is the most hurtful form of disrespect. Write out the ways in which you have been untruthful to yourself, and how you can change that. "I will no longer pretend that what I put into my mouth doesn't matter." "I will no longer pretend that overspending my budget is ok."

## 10 Things Between You and A Great Life

5. **People Pleasing:** If you always say yes even when you want to say no, you will find yourself unhappily going through the motions of living, giving control of your time, energy, and spirit to anyone who asks for it. Free yourself by learning to quietly assert your boundaries.

6. **Accepting Energy Drainers:** Everyday crisis and problems ARE NOT "just the way it is". Choose to put life on your schedule. Make a conscious choice to simplify your tasks, organize your environment, and set up your life to support how you want to live.

7. **Complaining Instead Of Asking:** You will only get as much as you ask for. Complaining is passive, not active. Choose to consciously educate people on what you need by making a request instead of complaining.

8. **Low Reserves:** Without reserves to back you up, you will make decisions based on your LACK.lack of money, lack of time, lack of energy. And that will cause you to make mistakes, and miss opportunities. Systematically eliminate things from your life until you have a built-in reserve of time and money; then build from there.

9. **Hiding your weakness:** Let your weakness help you be more truthful. Educate people. "I'm really impatient; please let me know if I skip over something you don't understand." "I'm not good with secrets; please don't tell me anything that you don't want me to repeat."

10. **Wishing Instead of Planning:** START! Do something! If you just sit around \*wishing\* that things would be better, it's not likely that they ever will be. As my mother used to say, "wish in one hand, pour peas in the other.see which fills up faster." Create a plan, and get into action.

Kathy Gates is a Professional Life Coach who believes that"Life Rewards Action", and author of "7 SECRETS for a GreatLife" ebook. Visit [www.reallifecoach.com](http://www.reallifecoach.com), email [kathy@reallifecoach.com](mailto:kathy@reallifecoach.com), or call 480.998.5843

**Give Your Attitude A Little Altitude**

## 10 Things Between You and A Great Life

**By Michael Dixon**

Need a way to make your life a better place to live?

Life is our perception of what it is, not necessarily the reality of what it is.

Let's see if I can explain that. Life can sometimes be great, and at other times, not so great. It all depends on how we are feeling at the time. If we feel good, life is good. If we feel bad, life is a bummer.

The reality is life hasn't changed at all, only our attitude. If we want to improve life we must first improve our attitude about life.

Put a smile on your face and keep it there. It is impossible to feel bad when you are smiling.

Smile every time you look in a mirror.

Smile at people when they enter your office, home, or wherever. Smile at those you meet on the street.

Smile when you answer the phone and throughout the conversation.

Smile NOW!

Feel your attitude gaining altitude?

When someone ask "How are you?", smile and say "I feel great, and you?" This is very important, especially when you are feeling bad. The more often you say it, the easier it is for you to believe it yourself.

Think about the things that make you feel good and make a list. Now, try to do as many of the things on the list as possible every single day. You won't have time for the things that make you feel bad.

Take time to help someone out. Kindness is its own reward. When you are kind to others, they are kind to you. Smile and they will smile. Spread the smile virus.

Remove "No" from your vocabulary, right along with "can't, won't, shouldn't, wouldn't, etc. Get the picture? Now you have to say yes.

Still feel bad?

Go for a long walk, smiling and greeting everyone you meet. I guarantee you that by the time you return, you won't feel bad any longer.

I'm smiling as I say, "Have a great day!" :-)

Michael Dixon is the owner and webmaster of [Partner-n-Profit.com](http://Partner-n-Profit.com),

and

several other sites. He publishes a weekly newsletter dedicated to helping the beginning online entrepreneur.

Give Your Attitude A Little Altitude

Does It Really Matter?

7 SECRETS To A Great Life

Life Stuck In Fast Forward

Yes, You Can Say No

Tattoo Secrets

Success Secrets

Stretch Assistant Software

Baby's First Year –What Parent Needs To Know

101 tips to stay fit and live longer.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**

**Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

