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**15 Ways To Keep Your Speaking Inspiring and Creative**

**By Catherine Franz**

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When stressed or blocked it is wise to make a change so that we don't stay in that place. Yet, many times we forget some of the simple things that we can do for ourselves, quickly and easily to bring our inspiration back and increase our creativity.

1. If you usually type your speech first, hand write them. Nothing compares to seeing the ink mesh into the paper and display what you created.
2. If you spend too much time at the computer, take a break every hour. Go for a walk or just sit outside in the sun. Even five minutes in a winter sun does wonders for a mood and creativity.
3. Flip through magazines or books. Their colors and ideas will give you sparks and switch your attitude. Blue and green can reduce your stress levels by 30% or more.
4. Add strong smells to the room. Light scented candles around you, visit the fruit aisle at the grocery store, or go to a store that is heavily scented. Find an orange or strawberries and smell it. Both will change a mood or create inspiration. Smells awaken your creativity. Smells trigger memories and are a great method to rekindle stories from the past.

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5. Go see or rent an inspirational movie. Relaxation time is important. Watch the movie with a notebook and record inspiring phrases or ideas that pop in.

6. Read a book on the topic that stirs and sparks your creativity. Poetry can do the same.

7. Look at bold and bright colors for a few minutes. These change your mood.

8. Talk with a friend about your topic to flesh out ideas, titles, and content. Tape-record the conversation so you

don't miss anything. You would be surprised at how much we think we hear and how we actually do.

9. Write an email to a friend to tell him or her what you want to accomplish. If you are stuck, say so and ask for help.

10. Check in with your vibrational energy and do something to switch it into high gear. Take a shower. Go for a walk or dance naked in the moonlight.

11. Hire someone to transcribe your recording so that you can stay focused on the creative end of the speaking.

12. Authentic, flat-out, raw laughter frees the psyche and opens the creativity process.

13. Find a setting with lots of trees and flowers and feel nature. If the weather permits, take off your shoes and socks and feel the grass between your toes. Nature has a way of freeing our spirit to let the flow out of our best material.

14. If you are used to practicing your speak in a quiet place, create noise and practice. You will learn to speak with distractions.

15. Go for a quiet leisurely drive and practice your vowels outlook expand your voice range.

That was exciting, wasn't it? Post this list in a conspicuous place so that it is readily available when

needed. Do one or two of these daily to keep your thought process clear and attracting. Your audience is waiting.

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Catherine Franz, a Professional Marketing & Writing Coach, specializes in product development, Internetwriting and marketing, nonfiction, training. Newsletters and articles available at: <http://www.abundancecenter.comblog>: <http://abundance.blogs.com>

## **How Inspiring Dog Tales Can Be**

**By Jack Russell**

There could be no better way of inspiring people than to use some of the inspiring dog tales. In this way, people will realize how dogs are so important in a man's life and how reliable dogs can be especially if they are well trained.

In reality, dogs are marvelous canine mammals because they are endowed with remarkable senses and skills. They can almost do anything especially if they are properly trained to do such a thing.

In fact, dogs are considered to be intelligent species. Anecdotal facts implied that dogs have a rationally high rate of intelligence.

Dog intelligence refers to the ability of the dog to do certain things that cannot be done by other animals. Dogs have the innate ability to think, learn some tricks, and the ability to solve some problems like rescuing a person who is in danger.

This dog intelligence is, in fact, the main reason why people are fond of reading some inspiring dog tales. They used to think that these canine mammals are only animals and are not capable of thinking what to do in case somebody is in trouble. Now that a lot of inspiring dog tales have emerged to prove the reality of a dog's intelligence, many people now believe how dogs can really be reliable enough to trust our lives to them.

Take for example the guide dogs. These dogs are trained to help other people who have impairments such as visual and hearing.

Learning a lot of skills to be able to take such great responsibility takes a certain amount of intelligence just to obtain the skills. Moreover, there are dogs that were able to serve their masters even up to the time that they need to rescue them from imminent danger.

An example of this is the tale of the two guide dogs that rescued their masters as they were trapped inside the building of the World Trade Center Towers during the September 11 attack.

This is an inspiring tale of two guide dogs that remarkably guided their masters out from the fury of the blazed trade center and were able to save their lives.

## 15 Ways To Keep Your Speaking Inspiring and Creative

Another great example is about a black and white English Pointer who had been donating blood for almost 11 years of his dog life. The donated blood is to be used on dogs that were seriously injured and need blood transfusion.

These inspiring dog tales will not only touch the hearts of the most dog lovers but everybody who realizes that dogs know how to help others too.

Jack Russell is a a long time dog fancier, visit his Dog Resources Blog and download his Free Dog Owners Handbook – it's Dog Gone Good!



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