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

3 Things You Can Do to Help Yourself Be Successful In Life

By Sheri Purfield

Do you define success as having a lot of money? Or do you define success as being able to live

your life the way you want too? Either way, they are both good things to strive for. We all know not everyone can be successful as there are checks and balances for winners and losers.

I truly feel most people want to be in on the winning side. However, we always run into people that remain in the same place in life. Do you feel you are you one of those people? Obviously if you're a person looking and trying to better your life you want to be on the winning side.

Being successful can mean many things. My definition of being successful is accomplishing what you intend to do. For example, I always intended to have a family and I now have a great family. I consider myself very successful.

Success does not mean to look better than the people around you. I believe it comes from within and how you perceive yourself and your life. Success is something that you do not have to show on a daily basis. Success is how you live your life.

Here are three tips on being successful:

Create a Vision of Yourself

Having a vision is the first and most critical step of any successful plan. Create a vision of what you intend to do. Write down how you want to see yourself 1 year from now. Think about how your life will look. Having a vision will help you focus on what you want to achieve.

Take up Good Habits and Break Unproductive Habits

Always read and learn about the world around you. Think an opportunity through and do not be impulsive when an opportunity presents itself. Eat well and exercise. After all everything you do starts from within. Be in good health and don't take your good health for granted. Add fitness to your life. Learn to handle distractions as there will plenty of distractions to address. Don't use distractions as an

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excuse to fail.

Enjoy the Chase

Enjoy your road to success. The path will be filled with adversity. Keep your sense of humor because you may experience very tough challenges along the way. Be responsible, try and control your time by being as effective as possible.

Remember success is not free and it does take sacrifice. The price you pay is time and effort. Success is hard but rewarding (even during the chase for success). To be successful you have to work hard, educate yourself and maybe have a little luck on your side.

Sheri Purfield is an Independent Skin Care Consultant and can be contacted at

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The REAL Secret to Success

By Angie Dixon

I used to see a chiropractor who handed out a little leaflet entitled "Dr. Hickman's Guide to Success in Business." It was very nice, had his picture on the front and was professionally printed. On the inside it said, "Get a job and go to work every morning."

There is a secret to success, believe it or not, and I'm going to tell you what those people who are "successful" do, that people who are "not successful" do not do, either because they're unwilling or because they don't know it would make the difference.

Successful people do the things no one likes to do.

They do the "grunt work" of marketing and running their businesses. They stuff envelopes. They follow up with prospects. They do the research and find web sites willing to link to them. They do what no one else wants to do, and it pays off.

In my business, the things no one like to do include asking, "Would you like to hire me as your coach today?" and finding links to my web site.

What are the things no one wants to do in your business? How can you make yourself do those things

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even though they're "yucky," tedious, boring and obnoxious? What will the results be if you do those things? How will you know when you're successful?

If you'd like help discovering the things you need to do (that no one likes to do) or how you'll know when you're successful, email me. I'm a life and business coach.

Angie Dixon helps small business owners get their acts together. She is a personal development coach specializing in helping people integrate their home and work lives so they feel less stretched and more balanced. Get her FREE EBOOK on balance at

<http://www.discoveringtruenorth.com>

. For questions or

to discover how coaching can change your life, contact Angie at

<mailto:angie@discoveringtruenorth.com>

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The REAL Secret to Success

Do You Really Want To Be Successful In Life?

Talking to yourself...Why Not?

Life Issues Pt.2 – Against All Odds

OWN YOUR BUSINESS, DO YOU HAVE WHAT IT TAKES?

Success Secrets

Starting a Successful Retail Business

Tattoo Secrets

Inside The Minds of Winners

How to keep up the SPICE in your Love Life.



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