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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!

5 Steps To A Great Life

By Miami Phillips

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Here are what I believe to be the five steps to creating the life you want. Of course, a five-step list to the perfect life has to be kind of short and requiring definition! However, these five are a great start!

1. Have gratitude.

Gratitude opens the door for all that follows. Have gratitude for where you are and how you got there. Give thanks for what you have and those around you.

2. Acceptance

Can you accept that you are where you are because of the choices you have made? Every choice combined together has created the life you now have. You may not have been aware of the choice you were making, but it was a choice just the same.

Accept that your life is perfect as it is. Not to say it is wonderful, or perfection, but that it is perfect in the sense that you created it, and therefore you can change it if you want.

3. Choose

Begin to make conscious choices on a consistent basis. Hold every decision to your values and definitions of success as a measuring tool. This will begin to create a life based on what calls to you and what you have defined as success to you.

4. Let go the outcome

The challenging part of all this is giving up the idea that you have any other control of your future! If you define success as money, or a job, or a relationship, then you are bound to be disappointed. Life never gives us what we want, but what we deserve.

Once we decide to create a life based on what is most important to us, then we must let go the outcome and trust that those decisions will bring to us what we need.

5 Steps To A Great Life

If each of us creates a world that fulfills us based on our values, and we feel successful based on internal (and controllable) instead of external (and uncontrollable) rewards, then we can be successful without money, or relationships or any other external gratification.

5. Attract

What follows is the power of attraction. As you find your life increasingly filled with joy, and happiness, you begin to attract things to you that you need. This may be money or relationships or power.

The difference is that money, relationships and power are not success in themselves, but now you can use these tools to enrich your life as well as others.

Miami Phillips is an ANSIR Certified Personal Coach who believes personal growth is an essential ingredient to being happy and contributing to this world.

Here You're Going To Learn Several Ways To Save Money Every Month By Lowering Your Monthly Bills.

By Kris Bickell

Has debt got you down?

If so, you're not alone. These days getting into debt is easy. Getting out is not. Buying lottery tickets and hoping to "win the big one" is not the answer.

No matter how much money you owe, and no matter how tight money gets, remember that life is too short to spend time worrying.

Therefore, the real "secret" to getting completely out of debt is actually very simple:

Make the commitment, then take action!

If all you do is sit back and talk about getting out of debt, and just complain about how hard it is being stuck in debt – and never actually do anything about it – an amazing thing will happen... NOTHING!

You won't get out of debt overnight - after all, you didn't get into debt overnight, either.

But you can change the way you think. Our mind is very powerful. And when life seems to be out of control, the simplest thing you can control is how you think!

There's an old saying:

"The definition of insanity is doing the same things over and over again, but expecting different results!"

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That's especially true when it comes to getting out of debt!

You need to start with small steps. Take out a notebook and write down your goals. Write down the small steps you will take to reach your goals.

· Cut out unnecessary expenses · Think of inexpensive ways to have fun · Consider selling valuable items you don't need · Get a part-time job · Start an online business

Think hard, write down everything you think of, then decide which steps to take first. And most importantly, go ahead and do them.

Nobody every got rich by sitting on the couch and thinking!

Without making the commitment to getting out of debt, you never will.

On the other hand, you CAN live the life you've always wanted. And if you make the commitment – and don't let ANYONE or ANYTHING get in your way – you, too, can live a life without debt!

Kris Bickell is the owner of Debt-Tips.com, a helpful site for consumers struggling with credit card debt. For tips on getting out of debt, repairing your credit, saving money, and making extra money online, sign up for the free "Get Out Of Debt Faster" email course at:

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