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7 Things for your NOT-Do List

By Kathy Gates

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Have you ever noticed how easy it is to find yourself reacting to life's daily busy-ness? You end up accomplishing nothing of real value. Try this "Not-Do" List, to see where you could cut out some of the intrusions on your daily life, so that you can find time to look at what's really important to you.

1. Don't answer the phone.

Isn't that why God made answering machines and teenagers? Take the calls on YOUR schedule instead of everyone else's. Ask friends and family not to call during certain hours. Don't be rude; just explain that you're trying to make your time work for you instead of against you. We all have the same 24 hours. You can either live it according to everyone else's schedule, or you can decide when and how you will use your own time. Put life on YOUR schedule, instead of just reacting to the next thing that catches your attention.

2. Don't accept an invitation to a party.

If it's the one Saturday you have free that month, and you really want to spend it alone with your spouse, or working on a personal project, say no thank you with love and grace. By saying no to others, you have said yes to your marriage and to yourself. Remember that you always have options, and you are always at choice. It's unrealistic to think that everyone will hate you if you don't attend

a party. Don't lose sight of the big picture.

3. Don't make the bed.

No, this is not an invitation to become Mr&Ms. Sloppy. While I'm a 100% advocate on how a cluttered environment affects a cluttered mind, all I'm really suggesting here is to dump the "good girl/good guy" routine for a while. And don't use the excuse, "that's just the way I am." Try retraining yourself to be a little looser. Does it really matter if you leave dishes in the sink? Or does it really matter that you spend the extra 5

minutes listening to your child's story. Realize that you are still just as loveable even if you aren't perfect.

4. Don't watch the news.

You pay attention what you put into your body; pay attention to what you put into your mind. I'm not advocating that you become completely uninformed about the world around you, but studies have shown that people often experience heightened emotions, anxiety, even anger when watching these programs. Dr. Andrew Weil even suggests a total "news fast" for one day -- don't read, watch, or listen to any news for one day, then increase it as you feel comfortable. If that's too drastic for you, perhaps try a method that's a little less invasive, such as print or online, where you have a bit more control than the images being right in your living room. Choose your news carefully.

5. Don't do what you "should" do.

The "shoulds" in our lives sometimes have a tendency to masquerade as true responsibilities, which they often really aren't. Take a good long look at the "shoulds" in your life. Try replacing them with "I want..". "I want to visit my Dad each weekend, but sometimes I need to spend that extra time with my children." "I want to cook a healthy home-made meal for my family each night, but sometimes it's just not practical." By taking the "should" out of the sentence, you are now able to see that you're not a bad person and aren't shirking

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responsibility. You are simply making another choice on occasion.

6. Don't try to hide what you perceive to be a weakness. Life is hard enough without trying to be somebody you aren't. Consider your weaknesses AND your strengths, and work with them to make the best person that you already are. The less you try to hide what you think is a fault, the less it will actually be on stage. Accept who you are, understand how it affects you and others around you, and find a way to use it to your advantage. If you can accept your own weaknesses, you'll also have a lot easier time accepting other people's as well.

7. Don't procrastinate.

If you don't feel like you're making progress on your goal, or you have that "stuck" feeling, do something, anything that is in the direction you want to go, no matter how small. One phone call, one sit-up, one drawer. If you're truly feeling overwhelmed by a project, concentrate on the next few weeks, instead of the next few years. For example, instead of thinking you need to lose 50 pounds, think about your calories and exercise just for this week

Kathy Gates, Professional Life Coach, believes that "Life Can Be Easy". She can help you create goals, overcome procrastination, organize your time and money, and find your SMILES again. Kathy is author of the Ebook, "7 Secrets to a Great Life", is a well known writer on the web, has an Ezine, and several Coaching Programs available. Visit www.reallifecoach.com, email <mailto:Kathy@reallifecoach.com>, or call 480.998.5843 TODAY!

Your Reasons To Be Thankful Abound

By Josh Hinds

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Tracking our things to be thankful for – Everyone of us has many things to be thankful for. The problem is that we don't always see this to be true. Me included :-). Therefore; playing something as

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simple as the thankfulness game can do wonders to get us track. This is something that takes little more effort on your part than your time and commitment to actually carry it out.

In fact, you need only a pencil and a piece of paper (and your commitment to see it through). List all the blessings that have come your way. If you're going through a particularly tough time in your life, I realize you may have the temptation to simply not give this a try, instead saying that you've had no blessings.

Instead think back to a better time if you must. Simply let the memories flow from your brain, to your hand on down to the paper. As a matter of fact, the less thought you give to this exercise the more freely your memories will flow.

If you were able to give this exercise a fair and honest go, you're likely to have quite a list. Don't simply brush off this list. It deserves more than that. Ponder it... Take it in fully, with the full understanding that no matter what you might be facing in your life, you have had up times as well, and will again.

As you review this list I believe you will gain strength in knowing that without a doubt that blessings will again find their way to you. Just as they have before. Allow this list to remind you that few things are so final, and that positive things will find their way to you.

Josh Hinds – Founder <http://GetMotivation.com> Get the *BEST* in motivation and self-improvement directly in your inbox for FREE, visit: <http://getmotivation.com/myezines.html> – get a FREE copy of the new "Principles Of Success!" ebook when you join!



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