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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!**

**Begin Again With A Blank Calendar**

**By Belina Storrey**

The start of a new season of time, whether it is the start of a new year, a new month, or even a new week, gives people a chance to start afresh. There is something special about flipping the page of your calendar and seeing a blank calendar that enables people to make a new start.

Perhaps the past year or even just the past week was filled with failure to meet your goals. Let the blank calendar of the year or week ahead give you hope to begin again. Did your year begin filled with the promise of better things and then end not much better than it began? If so, it is time to start over with the hope of new and better things. Get out a piece of paper and your blank calendar and move into a new phase.

Look at the blank calendar in front of you. What do you see? Hopefully you see potential, possibility, and a fresh chance to have the life you hope for. Do not allow yourself to see your blank calendar as the first step toward failure or toward another not-so-happy time of your life. Any progress you will make in life must begin with thinking positively.

If you have trouble seeing your blank calendar with any kind of excitement, make yourself a list of ways in which you hope that this blank calendar represents good and healthy things to come. Allow yourself to dream about life as it could be but then follow your dreaming by making some realistic goals and ways to measure the success of the time ahead. Break your goals down into small steps that can be accomplished each day, week or month throughout the year. Reading thirty books during the year might seem like a huge goal, but breaking it down to reading thirty pages a day might make the goal seem more manageable. You can use your blank calendar to record each day of success you have in meeting the goal of thirty pages.

You must begin to move beyond the failures of your past if you ever want to be able to look at the blank calendar for a new year or a new week with something other than dread. You can train yourself to think positively about your life and to live your days with hope and joy. You can know quickly how you feel about the future simply by taking out a blank calendar and seeing what kinds of emotions seeing its blank pages evokes in you.

Belina Storrey is an expert at helping people reprioritize and simplify their lives. Start using her blank calendar philosophy and check out

<http://www.blankcalendarhelp.info>

to find the perfect one.

## **Reduce Your Stress: Create a Countdown Marketing Calendar**

**By Catherine Franz**

### **Reduce Your Stress: Create a Countdown Marketing Calendar by Catherine Franz**

Just like there are reverse dictionaries, there is a reason to create a count down calendar. A count down calendar starts with Franklin Covey's philosophy, "start with the end in mind." The biggest advantage to a county-down calendar is that it makes you think and focus harder as well as makes the planning easier.

First, you write down the exact results you want or expect. Let's say you have a teleclass, seminar, speaking engagement you are delivering on X date. This becomes your D-day -- sort of speaking. It may be end of the event planning, however, it can also be the beginning of your follow-up plan. For simplicity sake, let us stop at the D-day point.

Now you can prepare a count down calendar in several ways. One way would be to use a calendar with the days of the month filled in. You mark down the D-day and then you back track from there to today.

Count down the days until \_\_\_\_\_. Number of marketing days to go until \_\_\_\_\_.  
Example: Count down days until seminar. 20 marketing days to go until seminar.

Any doesn't matter which calendar method you use, you will need to write down your measurements or your mini-results that will deliver the end results you want. I use the pivoting question, "What is it going to take to..." to get my thinking moving in the right direction. I like to think through and write these on the back of my calendars. This gives me a bird's eye view for that particular commitment that my software does not provide.

Another way would be to use a blank form like this with the appropriate number of days in between. Then cross out the days that you will do any marketing - say Sundays or days filled with other requirements. For my teleclass programs, my D-day back to Day 1 is always 3 weeks, so I have created a regular calendar for these. In fact, I use green color paper to print out the calendar.

If you don't want to create your own, visit your local office supply store, they have countdown calendars available for purchase (blank planning books).

A third way to complete a countdown calendar would be to complete it in a linear form.

## Begin Again With A Blank Calendar

Day 21—Speaking event results I desire...describe those results.

Day 20—Get handouts printed at Kinko's.

Day 19—Write and send out reminder email to organizer.

To Day 1 - Today.

Again, if you have a reoccurring countdown, like teleclasses, you can create a linear countdown calendar like the one above. Eventually you will see a consistent pattern of to-dos. At that point, don't stop doing this with the thinking you have it down pat and you don't need to. This will jump up and bite you in the assets fairly quickly by bogging down your mind and making you wonder if you are missing something. If that occurs, jump back into the habit, it is a great one to have. Even if it is frustrating because it takes thinking time.

Once you have your count down calendar completed then you can enter it into your automatic reminder calendar, like Outlook or Act. This will track all your deadlines, goals, and projects. You will have a separate count down calendar for each one.



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