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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!

Being Proactive

By David DeFord

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Have you noticed how a plastic grocery bag acts by the side of the road? The wind from passing cars tosses it into the air according to the direction the car is traveling. The bag has no control; it travels by the external force of the air currents. It ends up where the wind determines.

We need not be subject to the winds of external forces. We have the freedom to choose our destinations. Don't we?

Sometimes yes, and sometimes no. We often allow ourselves to be swept along by life, rather than proactively choosing our paths. We need to passionately pursue what we want.

How can we take control of our lives and live our dreams?

Know Where You Want to Go

Zig Ziglar says that if you don't know where you want to go, you'll surely get there. The first step we take in planning any vacation is to decide where we want to go, or what we want to do.

Where do you want to go in life? What do you want to do, have, and be? Do you want to lose your extra pounds? How about becoming debt free? What earnings or sales goals have you set?

Success is a choice. Failure is usually the result of not choosing.

Write Down What You Choose to Accomplish

If you are serious about proactively pursuing your goals, write them down. Carry the list with you every day. By doing so, you will have frequent reminders of your future achievements.

Know Why You Want to Get There

Without a compelling reason, we have difficulty motivating ourselves when opposition comes.

Daily visualize accomplishing your goal. Involve your senses. How will you feel? How will you look?

Can you smell and taste it? What will your achievement position you to do next?

Inter-relate your goals. For instance, ponder how accomplishing your sales goal will help you realize your earnings goals. How do these goals relate to your goal of ridding debt?

Plan and Take Active Steps to Get You There

The likelihood of reaching our desires is very low if we aren't proactive. To become debt-free, we must change our spending habits, pay off our smallest debt, and then add what we were paying on the first one to the next.

Waiting for debts to dissolve will never get us there—only passionate pursuit will.

Create milestones or short-term goals that will show your progress.

Being Proactive

Periodically Assess Your Progress

Periodically evaluate whether your positive actions are paying off. Decide whether you need to persist in your plan or if it needs modifications.

Air pilots and mariners constantly check their bearings and make course corrections as needed.

Marathoners calculate their minutes per mile at each mile marker to assess where they stand against their desired finish time. If their split times need improvement, they adjust their speed. So, we must check our progress, and decide to adjust our plans or persist.

Celebrate Your Victories

When should we celebrate? We should reward ourselves upon successful completion of every milestone.

How should we celebrate? First, we must choose rewards well in advance. By doing so, we enhance our motivation toward accomplishment.

Our rewards should compliment our goals. For instance, an ice cream feast would not be a wise reward for hitting our weekly weight-loss goal. Nor is an expensive vacation or purchase good rewards for hitting our debt reduction goal.

Rather, choose rewards that compliment your goal, such as buying new, smaller clothes upon losing weight, or a fun family activity for successful debt reduction.

Or, simply tell someone.

The plastic grocery bag has no will. It doesn't know where it's going, and it will end up where the wind puts it.

You, however, have desires, will, and self-determination. Choose where you want to go and proactively get there.

I would like to hear about your successes and how you achieved them. Email me at ddeford@ordinarypeoplecanwin.com

David DeFord is the owner of Ordinary People Can Win, a personal development company dedicated to helping ordinary people achieve extraordinary success in all areas of their lives. He promotes success through personal development. He is developing a website at www.OrdinaryPeopleCanWin.com and offers a free weekly e-zine. To subscribe, go to: <http://postsnet.com/app/campaigner/services/optinlist/processoptinrequest.jsp?oilb=84860632>

Does The Proactive Acne Solution Really Work?

By Jenny Riley

Do you struggle daily with zits? Maybe you've tried it all and nothing seems to work right. This can be a horrible affliction to grapple with. Not only does it squelch your self-esteem, but it can leave permanent damage.

No one wants to deal with the aftermath of severe acne at age 30. One problem is that so many acne sufferers tackle this burden in the wrong manner.

There are ways to get rid of acne. There are ways to obliterate this irksome dilemma once and for all.

Being Proactive

Technology is on your side, folks. With the various new-age break-throughs regarding skin disorders, you can achieve that complexion you've always dreamt of.

Have you ever heard of proactive acne solution? This is one treatment system that has proven wonderful for acne sufferers around the globe.

I'm sure by now that you've seen the infomercials for proactive acne solution. This innovative blemish fighting system has proven its amazing results to many. Even celebrities are getting on board to advertise and promote this stuff.

Stars like Britney Spears, Jessica Simpson and P Diddy are paying homage to its benefits. All three celebrities suffered from routine bouts with blemishes, but saw fast results with proactive acne solution.

They continue to use the skin care system today in order to prevent new breakouts from forming. Too many individuals spend their time browsing through local drug stores for that new acne cleanser or cream.

Well, if you've exhausted all the routine over-the-counter products, then maybe it's time to give proactive acne solution a shot. There's really nothing to lose. The system even comes with a money-back guarantee. Now that's confidence.

If you've strolled through your local shopping mall lately, then you've most likely encountered proactive acne solution. There are booths set up around the country, promoting and selling this new wonder product.

Folks of all ages are simply sick and tired of battling pimples. Fortunately these days there are products such as proactive acne solution that really work.

You basically use this skin care system day and night to battle your current zits and prevent new breakouts from arising. So stop wasting your time with those on-the-spot creams and gels that don't work.

Get online today and read about proactive acne solution. You can even make a purchase via the Internet.

By Jenny Riley

<http://www.skin-health-magazine.com>



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