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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!

Developing the Courage to Be Imperfect

By Etienne A. Gibbs, MSW, Management Consultant and Trainer

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You may be feeling insecure and unsure of your next move. You might have been trying your best to change. Or, you might not have seen any significant changes in your behavior or in your thinking since you started your earnest efforts.

Don't give up! Don't worry! Positive change, like anything else, takes time and practice. In the meanwhile, I encourage you to develop the courage to be imperfect. With this ever-increasing courage, you'll be in a better position to focus your energies on your present that you can influence rather than worry about your past that you cannot change nor your future that you cannot control.

To help you get on your way, here is a list of items to consider:

- Human perfection is impossible; the pursuit of it is not.
- We need to be encouraged to stay on the path of perfection. The motivation does not come naturally.
- We also need to focus on abilities, not on our inabilities.
- The self-evaluation that comes with trying to be better than others brings with it the fear of making mistakes.
- Anticipating the dangers of making mistakes makes us error-prone.

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- Too many relationships are mistake-centered.
- Too many relationships are based on fault-finding.
- Realize your limits and don't try to correct or change too many things at once.
- Develop your personal strengths and worth.
- Complete the circle: Mutual respect begins by valuing yourself.
- Pursue your ambitions, but avoid giving or receiving fierce competition, discouragement, unrealistically high standards, and overambitious.
- Set your course while remembering that you're a normal, average, imperfect human being.

Remember: When you maximize your potential, everyone wins. When you don't, we all lose.

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Etienne A. Gibbs, MSW, Management Consultant and Trainer, conducts seminars, lectures, and writes articles on his theme: "... helping you maximize your potential." He may be reached at <http://eagibbs.usana.com>; at www.executiveandgrouptravel.blogspot.com; at eagibbs@ureach.com, or at 502-386-1175.

The Four C's You Need To Know When Purchasing Your Diamond

By Sue Jan

If you are thinking of purchasing a diamond, you must check out the four criteria that diamonds are graded by, namely the color, cut, clarity and carat of the diamond.

A diamond with no color allows maximum light to pass through it, therefore this type of diamond is usually preferred for its sparkle. On the color grading scale, diamonds graded D, E, and F mean they have no color. G, H, and I diamonds have very little color. J, K, and L mean that the diamond is a slight yellow color. P, Q, R, S, T, U, V, W, and X diamonds have a darker shade of yellow. Diamonds graded Z has a color other than yellow or white and are the rarest and most expensive diamonds in the world. Generally, D-graded diamonds are the most valuable, and X the least.

The cut of the diamond refers to the shape it is cut into and also its reflective quality.

Diamonds are generally cut with 58 facets. The sparkle and brilliance of the diamond generally depends on its cut, its angles, its finish and its ability to reflect light. The most popular diamond cuts are heart, oval, marquise, princess, pear, trillion, round, and emerald. Common cutting problems include a diamond cut too thin that causes it to lose some of its sparkle, or a missing or off center culet.

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The clarity refers to the diamond's internal and surface imperfections and blemishes. Diamonds that are clear are more brilliant; they are also quite rare and thus highly priced. These flawless diamonds have no internal or external imperfections or blemishes

The perfect diamond carries a grade of FL or IF, that is, Flawless or Internally Flawless. A diamond with a grade of I-1, I-2 or I-3 means that it is imperfect, with I-3 being the worst grade. VVS1 and VVS2 means that the diamond is very very slightly imperfect; VS1 and VS2 diamond is very slightly imperfect; and SI-1 and SI-2 means that the diamond is slightly imperfect.

The unit by which the weight of the diamond is measured by is called the carat. One carat is equal to 200 milligrams. A carat is divided into 100 segments called points, with 150 points equal to one and a half carats.

When you purchase a diamond, you must purchase a diamond certificate also known as the Diamond Grading Report. This report is issued by the Gemological Institute of America otherwise known as GIA. With this diamond certificate, you can verify the diamond's color, cut, clarity and carat. You can buy a diamond with confidence from the diamond dealer as long as the certificate is GIA-issued and not from the dealer. Do not accept certificates from any other institute other than GIA, as GIA has been established as the most trustworthy and respectable.

For more tips on purchasing Diamonds, visit Susan's site at

and

. Susan also enjoys writing on a wide range of topics at

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