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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!

Eleven Steps to Getting What You Want

By David DeFord

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Do you set New Year's resolutions every year, but never keep them? You aren't alone.

What are the usual resolutions?

Lose weight
Stop smoking
Stop cussing
Read more, and watch less TV
Stay on a budget
Exercise

A few years ago, I worked in an office building that had a health club attached.

Beginning January 1st, the parking garage would be full, and cars would be lined up a half mile on the road side.

People would cruise around in their cars waiting for the close-in spots to open up so they could go in and exercise. I never got that!

This would last until mid-January—when everything would go back to normal.

The list of resolutions above are all very worthy endeavors.

It has been said, "If you keep doing what you are currently doing, you'll keep getting what you are currently getting."

If you sincerely want to make a good go at your resolutions this year, I would like to give you some steps you can take to keep your resolve and stay motivated.

1. Write your resolutions down.

You know this; you hear it every year. Write them down.

But first, dream awhile.

Make a dream list. What would you wish for yourself if you had no limitations? Jot down the list, let it flow, don't argue with yourself.

Now, what one great thing would you dare to dream if success was certain? Record your ultimate goal,

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and some short- and mid-range goals for progress measurement.

Carry the list around with you everywhere you go. Review it often to remind yourself.

Henry David Thoreau said, "Have you built your castles in the air? Good, that's where they should be built. Now, go to work and build foundations under them."

2. Set a date.

Set a date on which you will have completed the goal.

3. Make a plan.

All of the motivation in the world won't help you if you don't plan how you'll do it.

List your steps.

Include what you'll say to yourself when you want to relax your standards a little.

Count the cost, and decide if it's worth it.

Decide on small rewards you'll give yourself along the way as you make progress.

Be sure to make the rewards big enough to keep you striving.

Make the rewards compliment your goal, not hinder it. For instance, I should not reward myself for meeting a weight-loss goal by eating an entire chocolate cake.

Instead, I should buy a new shirt in a smaller size.

Zig Ziglar has said, "When you develop a game plan to get what you want, you will develop a belief that you can get it."

4. Develop dated milestones.

For instance, if you, like me plan to lose a pound a week, you can easily set dated milestones. Set Monday as your official weigh-in day, and record your progress. This also works for income goals, and many other types.

5. List "WHY" you want to accomplish each goal.

I have a great deal of heart disease in my family history. I need to control what I can to minimize my exposure to heart ailments. Maybe you want to please your partner—or find one.

6. List who benefits from your accomplishment.

Also list why you want to please them. Who is counting on you? Sometimes, this is a greater motivator than your own desires.

7. Have a partner or partners with whom you will share your progress.

Every Monday, after weighing in, report to someone what weight you hoped you would have reached, and what you actually weighed.

This is important

Be truthful..

8. Visualize the accomplishment of your goal with all of your senses.

a. Sight - visualize yourself at your goal weight

b. Taste - the victory

c. Feel - the excitement at having accomplished something so big

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- d. Hear - the compliments you receive for looking so good
- e. Smell - smell the rice cakes you will never have to eat again

9. Read my e-zine weekly

For inspiration, instruction, and motivation read Ordinary People Can Win!

10. Review your progress often.

If you are off your milestone goal, decide if your plan needs revising. Make changes to your plan, as needed.

If you were driving to work and saw that your usual route was close for construction, you wouldn't quit and go home—you'd find another way." If you are on track, give yourself the pre-determined reward.

11. Include your resolutions in your prayers.

I believe in praying.

Ask for help—you'll get it if you do your part, and if you ask.

I know that you can have strength and abilities beyond your nature through sincere prayer.

You can make this year different.

Why not try something new?

If you keep doing the same thing, you'll keep getting the same result.

You may feel great motivation and confidence when you originally set your goal, but it's very difficult to stay committed.

With these tools, you can change that!

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. See his website at <http://www.OrdinaryPeopleCanWin.com> and subscribe to his free weekly e-zine. His new e-book, Ordinary People Can Achieve the Extraordinary—A Practical Guide to Goal Achievement, is available at <http://www.OrdinaryPeopleCanWin.com/extraordinaryachieve.htm>

Wooden High Chairs – Information And Tips

By Helen Walters

There are many different wooden baby doll high chairs. Almost all of them look similar to each other, the only difference is that some of the wooden baby doll high chairs have, is the price of them — they can range from five dollars up to a couple hundred dollars. The wooden high chair is very popular in both baby doll and baby high chairs.

One of the wooden baby doll high chairs is the badger basket Swedish style doll high chair. This badger basket Swedish style doll high chair costs around about thirty to forty dollars. This Swedish style baby doll high chair has pink cushions, a safety belt to keep the doll on the chair, and a seat and footrest that are height-adjustable for your doll. This badger basket Swedish style baby doll high chair is designed for baby dolls up to twenty four inches in length and is for children ages three years old

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and up. The high chair is about eleven and one quarter inches wide by sixteen inches in diameter and by twenty and three fourths inches in height and it comes with removable and machine washable cushions.

Another high chair for dolls is call Doll's wooden high chair and it costs around about forty dollars to about fifty five dollars. This wooden high chair is about twenty eight and a half inches high, the seat stands about eighteen inches off the floor, the back is eleven and a half inches across, the seat of the chair is about eleven inches by ten inches in diameter, and the tray is thirteen and one fourth inches by three and one eighth inches in diameter.

This high chair looks like it is antique and made up of soil hard wood that looks like oak. The high chair is cream colored with a light green trim around it, and the back of the high chair has two painted baby dolls on it. You can choose furniture that have cushions that match the colors of your kitchen, or one that will fit the dinner table nicely without problems.

Here is another wooden high chair that you can find that is plain wood in kind of a rectangular shape and it costs around about sixty five dollars to about seventy dollars and it measures about twelve inches in diameter, thirteen inches wide, and thirty inches high. This wooden high chair also comes with an already attached tray.

Helen Walters provides a variety of information on issues important to parents.

is home to a large selection of articles and reviews of high chairs at:



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