

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Establishing A Winning Schedule

By Maury Wilks

In order for your Network Marketing Business Opportunity to become a success, you need to create a constant flow of traffic to your website. To achieve this, you must establish a consistent productive daily routine. Your persistence and perseverance is what will take you to the top of this or any other endeavor.

To showcase this, let's assume that you have three hours per day to dedicate to your business. Those three hours can be broken down into six half-hour periods. We must now assign a daily task to each of the six half-hour periods.

Period One can be dedicated to Forum Posting. Choose your favorite forums, and contribute to them daily. This should not only be limited to advertising, but should also include sharing your thoughts and ideas with the various communities.

Period Two can be dedicated to Articles. Here you should spend time writing your articles, posting them to your blog, and submitting both your articles and blogs to as many directories as you can.

Period Three can be dedicated to Networking. During this time, a few things can be done. First, you should interact with other Internet Marketing Professionals at sites such as Direct Matches and Ryze. You should then take some time during this period to check your emails and respond as necessary. Scheduling a specific time to review emails enhances your productivity, as looking at emails does not drive any traffic to your site. Contacting your downline should be done during this time as well. This can include calling members as necessary, or simply sending informative broadcast emails to your team and prospects via auto responders like Response Magic and Traffic Oasis.

Period Four can be dedicated to manually surfing traffic exchanges. Make sure you are using a tabbed browser such as Firefox to optimize your time with this.

Period Five can be dedicated to Personal Development and Online Education. This includes taking courses at sites such as Success University. It is important that you evolve as the world and internet evolve around you, and dedicating some time daily to self-improvement and education will help you

Establishing A Winning Schedule

improve your position in the world of multi-level marketing as well as life in general.

Period Six can be dedicated to advertising. Here you can spend time tweaking your pay per click ads, placing e-zine solo ads, and using any other methods of lead generation found in the Internet Marketing Success Guide, and beyond.

Creating and following a schedule similar to the example laid out here will ensure your success in Network Marketing. Make the necessary changes to the example according to your time availability and write it down. Dedicate twelve months of your life to a Success Schedule, and you will see positive changes personally as well as financially.

Copyright © Maury Wilks aka Freedomfinder

<http://freedomfinder.ws>

Maury Wilks has been an entrepreneur since leaving a career in professional sports. He is involved in real estate, franchise businesses, and network marketing.

Making Your Dog Win In Sled Races

By Jack Russell

So, you decided to train your dog win in sled races. Here are some tips to do it.

1. Provide dry and clean bedding.

If you want to have a winning dog, provide him first with a clean and complete house. It is your duty and responsibility that your dog must have adequate and clean bedding.

2. Give high quality diet.

Give your dog the best diet that you can find. All year round, feed him with the best diet possible. This includes giving the dog some quality fat in his diet. Fat gives your dog enough energy to run. How much fat you give depends on various factors. For example, Alaskan Huskies are burning fat seemingly by just standing still! Some dogs like Malamutes and Siberians do not require fat as much. Don't scrimp on quality.

3. Follow schedule.

Make a regular schedule for your dog to relieve himself. Stick to the schedule. Making a schedule to relieve your dog will earn you his trust. Whether the schedule is every after two or four hours (or more), follow strictly your schedule.

4. Provide shade.

Establishing A Winning Schedule

Give shades to your dogs, especially in summer.

5. Clean your dog regularly.

Clean the dog's house regularly. This is also for your dog's good health.

6. Control flies.

Your dog would appreciate if you put something on him to defend him against flies.

7. Give water consistently, adding a few more buckets in summer.

Like humans, your dog needs water too. Give them clean water regularly. Add a few buckets of water in summer, when the heat is too much for some dogs.

When your dog is training and running all day long, you might want to give him water right after his run. If you are training your dog on a cool season, then you might probably not give him water every after run. But, if you are training in summer, be sure that you give your dog water consistently. Your dog might collapse from heat if you ignore his need for water.

9. Buy your dog from well known breeders.

If you have no dog yet, you might want to buy a puppy from a winning breeder. Winning bloodlines enhance your dog's chances of winning. Of course, having a dog from a winning breed does not ensure outright victory in sled racing. The dog still has to be trained to win.

Having a winning dog in sled races is a cooperation between your dog and his trainer – you. It entails a lot of mutual trust and care to ensure a winning dog.

Jack Russell is a a long time dog fancier, visit his Dog Resources Blog and download his Free Dog Owners Handbook – it's Dog Gone Good!

<http://www.daveshealthbuzz.com/dogcare/>



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!