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**100% Effective Natural Hormone Treatment**  
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**Get An Extra Hour Out Of Every Day**

**By MalaMaal.com**

**Get An Extra Hour Out Of Every Day**

How can you get an extra hour from each day? This is a basic challenge for all of us. I've discussed this challenge with action and results-oriented people I know. Together, we've come up with many practical ways to secure one more precious hour from each day. (Remember that each of these tips is probably adaptable to your particular situation.) Here they are. I hope you'll find them helpful and useful to you...

- Make up and follow a detailed, daily schedule.
- Get up earlier.
- Do less passive reading, TV watching and the like.
- Avoid allowing others to waste your time.
- If you commute to work, use the time to study or plan.
- Organize your work; do it systematically.
- Make creative use of lunchtime.
- Delegate authority if possible.
- Spend less time on unimportant phone calls.
- Think first; then do the job.
- Do instead of dream.
- Work hardest when you're mentally most alert.

## Get An Extra Hour Out Of Every Day

- Eliminate activities which make little contribution to the best results for your life.
- Always do the toughest jobs first.
- Before each major act, ask: Is this REALLY necessary?
- Choose interesting and constructive literature for spare–moment reading.
- Learn how to sleep. Sleep soundly, then work refreshed.
  
- Skip desserts.
- Stop smoking.
- Write notes or letters while waiting for others.
- Always carry an envelope with paper in it, stamps and a few postcards.
- Combine tasks which are done in the same area.
- Be prompt for all appointments.
- Lay out your clothes the night before.
- Relax. Ready yourself for the important jobs in life.
- Concentrate on the specific task you're doing.
  
- Make constructive use of those five– or ten–minute waiting periods. Carry with you magazine article clippings on helpful subjects.
- Always carry a pencil and paper to capture important–to–you ideas.
- Learn to do other "unnecessary things" while watching TV or listening to the radio.
- Call on specialists to accomplish work you cannot do efficiently.
- Learn to read more rapidly.
- Nap an hour after dinner. Then take a shower. Begin the evening hours relaxed and refreshed.
- Avoid making a "production" out of small tasks.
- Avoid interruptions.

## Get An Extra Hour Out Of Every Day

- Tackle only one job at a time.
- Search out job short-cuts.
- Know your limitations.
- Work to your top capacity.

### MAKE YOUR DAYS HAPPIER

Here are some tested ways to make your days fuller and happier.

- Mend a quarrel
- Search out a forgotten friend
- Dismiss suspicion
- Write an overdue letter
- Share some treasure
- Give a soft answer
- Encourage youth
- Keep a promise
- Find the time
- Forego a grudge
- Forgive an enemy
- L-I-S-T-E-N
- Apologize if wrong
- Think first of someone else
- Appreciate
- Be kind
- Be gentle

## Get An Extra Hour Out Of Every Day

- Laugh a little more
- Express your thanks
- Worship your God
- Gladden a child's heart
- Enjoy earth's beauty
- Speak your love for mankind

And here's another tip for peace-of-mind living – Tomorrow, say this short prayer as you start your day: "Lord, please help me to remember that nothing is going to happen to me today that you and I together cannot handle."

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## **The Value Of An Hour**

**By John Assaraf, "The Street Kid"**

### **The Value Of An Hour by John Assaraf, "The Street Kid"**

When I was 21 years old, a gentleman asked me what I thought the value of an hour was. I honestly did not know how to answer the question. He went on to teach me one of the most valuable lessons I have ever learned.

He suggested that the value of an hour was priceless. This confused me some, so this is what he said to me.

"If you invest one hour each day in understanding yourself and your environment better, you will accumulate nine 40-hour weeks over the course of a year!"

Yikes!

As you can imagine I was blown away when he put it to me that way.

Nine 40-hour weeks? This seemed impossible until I did the math.

365 days, times one hour each is...yup, nine 40-hour weeks!

He went on to ask me how good I could get at something if I did it all day, every day for just over 2 months. Well, you already know the answer to that.

I thought I could be awesome!

He went on to tell me that over the course of just five years, I would have invested the equivalent of 1,825 hours of focus on whatever I desired to accomplish my life.

Imagine for a minute, how good you can become at anything that you did one hour a day for the next year.

How fit could you get? How much more in love would you get and give? How much more money could you earn?

Let me suggest that one hour is a small price to pay in comparison to the payoff.

## Get An Extra Hour Out Of Every Day

Just one hour a day may be the razor's edge you need to really get the results you want in your life.

For me, the decision was easy. I have been studying human potential and the mind for over 20 years. Each time I think I'm getting a good handle on it, I am gently reminded of how much there is to observe and learn.

Is getting what you want worth an hour a day? I certainly hope so.

I still manage to set aside my hour to read motivational stories or listen to inspirational people. They are the fuel for my mind and it keeps me learning and yearning for more.

Please adopt an hour a day for yourself!

Pick one area of your life that you want to improve and commit the next 90 days to that one thing.

I assure you that the results you achieve will be well worth the decision!

And remember...you can't take out of life more than you put in.

John Assaraf, aka "The Street Kid", shares the exact principles and step-by-step system he used to get free from the street gangs of his youth, to become a multi-millionaire entrepreneur before age 30 in his new book "The Street Kid's Guide to Having it All". Free excerpts, reports and newsletter:  
<http://www.thestreetkid.com/haveitall>

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