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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!

Habits of prosperity

By Janet Ilacqua

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Habits of success

Habits are behaviours you perform on a regular basis. Good habits to cultivate if you wish to attain success in your business include:

- Start each day alone, fully awake, with a period of absolute silence and reflection. Use fifteen to thirty minutes to reflect upon the most significant problem you are facing at that time, to envision how you would like the day to go, and to remind ourselves of what kind of person you are trying to become.
- As you fall asleep each night, reflect on what did not go well in the day and why, as well as what did go well in the day and why. Envision how you want to feel and act when you wake up in the morning.
- Take regular and scheduled days away, which include a long period alone in silent reflection on the problems you are facing, what is working and not working, and what you want your future to be like,
- Take regular, light exercise as part of your reflection periods.
- Spend a few minutes every week reading books on the higher meaning of life; not "how-to" books, but books about leading a purposeful life and that talk about the purpose of life itself.
- On a regular basis, take the time to learn something practical from a master in a trade ... even if it is not something related to or of application in your work.
- On a regular basis, take the time to do things for the more needy people around us ... not by sitting on charity boards or other similar business-related things, but by physically going out and volunteering in the community.

If you practice these habits diligently, you should not only feel and think better, but you have the energy and creativity needed for success in the business world.

Bio: Janet Ilacqua is a freelance writer based in Tracy, California. For more information about her writing, check her website at <http://www.writepondemand.com>

Reminding Yourself of Prosperity

By Stephanie Yeh

Have you ever heard the phrase, "Thoughts are things and words have wings?" This phrase is the perfect expression of the principle of prosperity. How you think about and talk about your level of prosperity is what actually manifests in your life. How many times a week do you wistfully say to your companion, "Oh, I'd love take a break and go to Mexico, but it's too expensive and I'll never be able to afford it"? Or how many times do you sigh enviously when you see someone else who has what you want?

Well, guess what? Every time you indulge in that kind of envious or hopeless thinking, you're sealing your own fate! According to ancient teachings on prosperity, everything that we say, think or feel is recorded in the akashic records, and then manifested into our lives. If you think about your level of prosperity as a barometer, every time you feel hopeless or depressed about your lack of prosperity, you slide down the scale a notch toward poverty. On the other hand, every time you say, "Well, I'm not there yet, but I will be able to go to Mexico soon," you zip up the scale toward prosperity.

We always think that our level of prosperity depends on outer circumstances such as a promotion, winning the lottery, getting a better job, or some other stroke of luck. Wrong! Our personal level of prosperity always, always starts inside, with our thoughts, feelings and words.

Old habits, especially old habits of poverty, can be really hard to break, so here's a quick way to remind yourself to be mindful. Each day, do something different to create a "prosperity reminder" for yourself. For instance, if you normally wear a ring on your middle finger, wear it on your index finger. The foreign sensation of the ring on a different finger will catch your attention and remind you that you're supposed to be conscious of something. When you notice the ring, notice where your thoughts are. Are you depressed about your boring job or are you looking forward to something prosperous in your life, no matter how far away it may seem? You can also put a small stone in your pocket, put a rubberband around your wrist or wear a silver chain under your shirt. It doesn't matter how you do it, as long as you create a noticeable "prosperity reminder" for yourself. We recommend you practice this exercise for at least 40 days to really set that prosperity framework firmly in your life. Have fun!

Stephanie Yeh and her partner have helped many other people achieve and experience prosperity with the help of a strong 15 year network marketing business. Her current project, the Journeyman Wealth Program, is aimed at helping 15 people a year fully achieve their dreams. Stephanie's Prosperity Abounds website works on the basic principle that "You are the creator of your own reality!". Get more details on her website at

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