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**Menopause, Andropause And Other Hormone Imbalances**  
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**How Do You Know When You're Really Ready**

**By Robert Imbriale**

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Recently, I had the pleasure of spending the afternoon with Les Brown, one of the world's most prominent motivational speakers. I had flown out to Phoenix, Arizona to see Les and several other speakers share their knowledge in a one-day seminar put on by Summit Seminars (<http://www.summitseminar.com>).

Les Brown had this powerful little thing to say. "Go BEFORE You Are Ready."

When I heard that message, it caused me to stop and think about my own life. I remembered earlier this year having the opportunity to take over the second floor of the office building we lease for my company. At the time, I really had no need for this extra space. I declined the offer even though I knew how quickly my company was growing.

Well, 6 months later I am now looking for more office space! Just as I had felt, my company has grown and I have completely outgrown our current location! It's too late to take over the second floor. It's been rented to somebody else and they will be there for the next 5 years!

Often in my coaching sessions, I am asked about how to know when you are really ready to take the next step. In other words, is there really a "right" time to make your move, to take on a new challenge, to grow your business, to launch your new web site, or to propose marriage to your significant other?

Are there signs, or do you just get a "gut" feeling around about the time you need to take the next step. For many of us, we get those gut feelings, and often times, we'll simply rationalize them away. We'll tell ourselves how many other things have to be lined up first before we can take that next step in our lives.

For some people, they may never take that next step! Instead, they tell themselves again and again how "someday" they will have what they want; yet they do all they can to

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avoid moving even one step forward. Are you starting to see why so many talented people never become the successes they could be?

I believe that what Les Brown was saying is that if you have it in your mind that you are going to take the next step, don't wait for all things to be perfectly lined up, get out there and take that next step now!

When you stop to consider it, you and I are never really ready for the next step. We can always find reasons to put off taking the next step, or making the next move. We are experts at procrastination!

The reality is that opportunity will only pass you by once. I procrastinated. I wasn't

totally "ready" to take on the second floor of my building. Now, that opportunity has come and gone and it will cost me much more to move my entire organization to a new location in order to keep up with our rapid expansion.

It's sometimes a little daunting to make a move without really knowing what to expect on the other side, but listen to this. All growth happens in the unknown!

It's not our place to know what's next. It is our place to stand up and be ready for that next step, wherever it may lead us. And, from what I have experienced in my life, it's exciting to see what happens!

It's interesting to note is that when you do make your move, things happen! For instance, had I moved into the second floor office, I would have seen an even faster increase in the size of my business. It's simply a matter of being brave, getting out of our comfort zones, and taking action on the things we already know will move us to where we want to be.

So, instead of fearing the unknown, be curious about it. Approach it with positive expectation and be ready to be surprised, thrilled, excited, and moved!

After all, life is an adventure and adventures are most fun when we show up excited, right? This is your life... and what you do with it is entirely up to you. Choose well.

Robert Imbriale is an internationally known Internet Marketing Expert who has written several books including, "Internet Marketing Secrets" which you can get FREE by going to <http://www.ultimatewealth.com>. Robert is personally responsible for more than \$100 million in Internet sales and holds seminars nationwide where he teaches entrepreneurs how to make money on the Internet.

### **Five Ready Signs To Start Potty Training**

### By Janice Caller

Starting new things for your child sometime difficult, but you still have to do it. Potty training is one phase that your child has to go through. So, find out when is your child ready for potty training. Here are those five ready signs:

#### 1. Takes Off Own Clothes

Let's face it. The first step to becoming dry begins with your toddler's ability to recognize he has to go to the bathroom. The second step is his ability to pull down his pants, or lift up her dress. The third step is actually going to use the potty. If your child begins insisting on taking off his clothes then he probably is ready to begin training for the potty.

#### 2. Talks about Using the Potty

He may say, "I want to use the potty." Or, he may just point to it and sit down. Either case he is showing an extreme interest in the little chair. Well, what do you do if he's interested in sitting; maybe he'll be interested in using it. You never know unless you try. Hey diapers are expensive why spend more on them if you don't have to.

#### 3. Does a Potty Dance?

There are some children doing potty dance? Does your little one have a routine? Does he stomp, turn, twist, and grab his groin like Michael Jackson? If he does, then that's his potty dance. He's ready, ready, and ready if he has his own version and he dances it whether there's music on or not.

#### 4. Shows an Interest in the Bathroom or Toilet

This is the big koruna of all ready signs. The big earthquake so to speak. If your child is curious about the bathroom or toilet, then he's ready to learn how to use it. Is he curious about how it flushes? Well, that's because he wants to know how that giant white chair works. Why does it make that sound? It's a noise like no other. He's not being bad when you have to drag him out of the toilet. He wants to know what the toilet is. He wants to know how it works. He is ready, ready, and ready for potty training.

#### 5. Stays Dry Overnight & During Naps

This is a hard readiness sign to understand. If your child staying dry overnights and at naptime that is the sign that he is ready for potty training. In any event, your child is ready if he displays this sign.

Now, does your child exhibit any two of these ready signs? If so, then get ready to do your potty training. You will never know those signs if you are not pay attention to their reaction.

Janice Caller, author of "A Parent's Guide to Toddlers, From Diapers to the Pot." She successfully potty trained her four children. Visit her Website [PottyTrainingGuide.com](http://PottyTrainingGuide.com) at

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