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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!

How To Find Your REAL Self Again

By Kathy Gates

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On the surface it seems an odd idea that you could actually be anything other than who you really are. But from the time we can talk, we're being programmed to "fit in". We find ourselves conforming in order to please the people we love, and who love us. But sometimes that means that you have to suppress what you know is the real person inside.

If you're ready to get re-acquainted with someone you haven't seen in a while – yourself – start with these 5 ideas to help you rediscover the real you.

1. Quiet the noise in your head. You know those voices well, the ones that are constantly nagging you to pick up the dry cleaning, talk to the school teacher, juggle the bills, call your mother, keep the kids in line, and keep the boss happy. With all that noise going on, it will be impossible for you to hear anything above the din. This MUST be the first step. How do you do that? By setting up systems, simplifying, and establishing enough extras in your life to allow you to operate from a position of abundance, instead of lack.

2. Learn how to – and practice – thinking about yourself in healthy ways. In order to do that, you must first BELIEVE that you are valuable, and your Real Self has something to offer the world. Since you talk to yourself more than everyone else in your life combined, —that's a lot of talk!—it's up to YOU to establish the

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healthy communication in your thinking. Consciously listen to how you talk to yourself; write down the unhealthy things you say; challenge them; and replace them with facts. Talk: "You never do anything right." Challenge: "Of course I do things right. I did (example) right. I did (example) right. This time, I just made a mistake. I'll learn from it and have better success next time."

3. Listen to your heart. Sounds easy enough, but by the time we're adults, most of us have stopped listening to our hearts and go only with our heads. Those two

must reconnect in order to find your real self. It's easy to become accustomed to thinking about your feelings instead of really feeling them. Instead of asking yourself what you think about something, ask yourself what you feel. Ask yourself why it's important. What are you comfortable with? What's difficult for you? Be careful not to get hung-up on a specific goal, when what you're really after is a specific feeling. Keep an open mind to the feelings, and be willing to adjust the methods you use to achieve them.

4. Uncover your natural strengths and your natural talents. Trust your instinct. Look back at your childhood, and make a list of things that you used to love to do. Ask why you stopped doing them. If you always loved adventure, it's a good bet that's a part of the REAL you. Notice what things you now do during your day – even if only for a few minutes – when you feel the most happy. If you have no idea what the real you is, begin to experiment with things that you find you used to like.

5. Look back again over your life, and begin to remember times when you felt the happiest. What were you doing? Who were you with? What skills were you using? Be willing to tell the truth about who you are, and what you want in your life. Stop trying to "be" who or what you think you ought to be. Instead, determine that you are comfortable with what you want in your life, and how you want to address the world.

Kathy Gates, Professional Life Coach, helps people set priorities and goals, take actions, make

changes, and reshape their lives. She is the author numerous articles both online and in print, an Ebook and several Email Coaching Programs available at www.reallifecoach.com, call 480.998.5843

When You Want To Purchase Real Estate, Write An Offer!

By Sintilia Miecevole

Yes, write an offer for the real estate you wish to purchase. Sounds easy, doesn't it? Well, it is more difficult than you might think. It's not impossible, but there are a lot of things you have to include in an offer to purchase real estate. Think about this - an offer is the first step to the contract to buy the real estate you want! When writing your purchase offer, put yourself on the "other side of the fence". Think about all the stipulations and the price you are offering. Is it something you feel would be reasonable if you were in their place? Although this is only the beginning of a long process of negotiations for the real estate, an outrageous offer or unacceptable improvement request may turn the sellers away from your offer and toward someone else's.

Although the price you are willing to pay for the real estate is a big part of any offer you submit, it shouldn't be the only thing included. Buying real estate is a huge investment on your part, so you should look at adding in protections and contingencies into your offer to limit your risk. Simply saying "This is the price I am willing to pay for this real estate" doesn't give you any protection in the event of something unforeseeable.

When you write out a real estate purchase offer, the things that should be included are:

1. The price you are willing to pay.
2. How you plan to finance the real estate purchase and what your down payment will be.
3. Who exactly will be paying for the closing costs of the real estate sale.
4. What inspections need to be performed on the real estate.
5. Any repairs you want done to the real estate.
6. What are the purchase timetables and when will you get physical possession of the real estate.
7. What, if any, terms do you have for canceling the purchase of the real estate.
8. How you want disputes settled during the purchasing process.

As you can see, there is a lot that needs to be determined before you can give someone an offer to purchase real estate. Buying a home or any other real estate is a huge decision that can affect your credit and your finances more than any other investment. Keep in mind that careful consideration should go into both writing and considering a real estate purchase offer, as it can possibly affect your life from that point on.

Sintilia Miecevole, host of

has a great resource site for listings both of

residential and commercial, rentals, foreclosures, tips and articles and help with financing, inspections, closing, and locating realtors near you and more. Click on

for further

information.



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