

How Would You Like to Capture Some Time?

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By Suzanne Berg

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Women's health issues often are focused on goals to reach: getting thin, moving up in the corporate world, having a child, taking a vacation, meeting Mr. Right, fitting in exercise or making sure you are eating your vegetables!

Well, I hope to help you start at the beginning to capture moments of time that will help you build a foundation to support that very busy, goal directed life. How can you focus on the process of living, be able to stay in and gain those moments of time as you are trying to reach your extraordinary goals?

What is a moment in time for you? How do you capture that moment? Are you even able to find a moment in time for you? The Buddhists talk about staying in the moment, Kodak would like to sell you that moment and Hollywood movies reflect that moment.... How might you capture that moment when you are struggling with doing laundry, taking the kids to a soccer game, planning dinner, trying to finish the task you started at work and you have been wanting to try that new thigh exercise you saw in the magazine yesterday. Multi tasking certainly is the norm for most women today and not the exception.

Your optimum health is dependent on seeking moments in time on a daily basis. Moments in time will lead to freedom, increase your ability to enjoy the process of life, lower your stress level and they will help you grow. Living today, for the vast majority of women, is complex and fast paced. Capturing a moment in time will help you to slow that pace so that you can enjoy all of your life not just the spare moment at 11:00PM that you have waited for all day!

As an example we often are so busy that we are not able to take the time or moment to truly connect with others. What is that about? When we are in a hurry we do the standard –"Hi, how are you?" Then move on to the next event or task often without really hearing or connecting with the other person's answer. What might happen if you stopped for a moment and asked that question of someone with the intent of standing there and really listening to the answer? Would it detract from your day? It might add value and a connection with someone that would benefit both of you.

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So to take that moment in time – here are a couple of ideas: Call a friend you have not seen for a month. Talk to a stranger – ask them a simple question such as "Where are you going today?" and really listen to the answer. Sit still for a moment and just breath, breath, breath.

All of us are over-stimulated on a daily basis. Think advertising, TV, Nintendo, traffic, ambient noise.... All of these create a need to shut down some of our senses and withdraw. We simply cannot attend to everything around us. But how sad to miss the sounds of a bird or the ocean because you need to screen out daily sounds that are annoying. Where is our ability to stay in the moment and grow under those circumstances? Here are a few more ideas to help you find a quiet, no matter how small, moment in time: Turn off the TV for 15 minutes. Laugh – read the comics or rent a Laurel & Hardy movie. Read a good book – by "good" I mean anything you enjoy. Take a walk alone – you can go for just 15 minutes.

A moment in time does not need to be large, extended or planned. Just let it happen even if for only those few seconds of breathing, breathing, breathing. It will give you back a sense of who you are and more energy to reach your goals.

Just take a deep breath!

Suzanne Berg LCSW
"Life is Juicy"
Life Coach/Psychotherapist

Learn more by visiting my website:

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Automotive Sales Leads – How To Capture And Generate Leads From Your Own Website

By Gus Skarlis

If you are like most car dealers when prospective buyers visit your current website you only have 2 ways to capture their information.

They must either submit a vehicle inquiry (less than 3% will do) or apply for financing (less than 1% will do), that means 96% of your website visitors are leaving your site without you even knowing who or what they were looking for.

Now some car dealers will have savings certificates and free test drive gifts but that still only captures the "in the market right now crowd."

Consumers use the internet for information and most of the time they will look and shop a few months before they are actually ready to buy. With your website only offering 2 ways to capture your visitors information and these two methods being designed for ready to buy now consumers it is totally

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eliminating your chance to follow up with the "not ready to buy at this exact second" crowd which is over 96% of your website visitors.

Studies have also proven that generating automotive leads from your own website offers the best closing ratios however if you do not have effective ways to capture those "ready to buy now" and "just looking" automotive sales leads you will never see the true success of your Internet Sales Department.

You need to look at your current website capture methods and try to incorporate a system that will be able to capture your visitors information no matter where they are at in their own buying cycle.

By focusing your capture efforts and trying to build a large database of email addresses you will have greater success and sell more vehicles online.

If you would like to see what some of the top automotive groups are doing to build their database visit:

Gus Skarlis, founder of Hidden Auto Leads has developed a turn-key lead generating system for automotive dealers that will capture website visitors no matter where they are at in the buying cycle. This unique system can be set up in a few hours and only costs \$47 per month for unlimited leads. For more information visit:

or call 1-800-757-7496

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