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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 Make a Smart Career, Love, or Other Important Decision

By Michelle L. Casto, M.Ed.

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Learning to make smart decisions will help you to avoid painful and embarrassing situations in your personal and professional life. Unfortunately, many of us have to learn the hard way, or sometimes never at all, and are left wondering "how did this happen to me again?" But when we stop to think—it often comes down to our inability to make decisions. Instead of taking an active approach to our lives, we act clueless, and end up reacting to what life throws at us. But it doesn't have to be that way! The good news is that you can learn to make smart choices which will help you to avoid unwanted jobs, people, and situations.

Life is About Learning (Sometimes the Hard Way) Life's ups and downs are often cleverly disguised as learning opportunities. But when relationships or jobs don't work out as we planned, we seldom stop to find the meaning in the "mess." On the other hand, if you learn to make use of disappointments and let-downs, you will soon begin to see that all of it—the good and the bad, were nothing more than lessons to be learned. Yes, you are a student, still learning about being single, romantic relationships, career development, financial management, and life in general. Life is tricky, you have to make it work for you and not against you. The best way to do this is to learn your lessons, and to make smart choices on the front-end. This will enable you to follow the path of least confusion, which will prevent you from making costly mistakes.

How can you take more control over your life? By using the "Get Smart!" decision-making process. Getting smart means raising your self awareness, practicing active reflection, and following your intuitive guidance, which will greatly increase your chances of selecting the right person to share your life and family with.

The Get Smart! decision-making process can be used for a variety of life decisions. Just plug in your issue into the formula and go to work:

1. Know Who You Really Are (What are your values, strengths, weaknesses? Where are you at emotionally, financially, and spiritually)
2. Know Who/What You Want to Attract (What kind of values, strengths weaknesses will they have? Where are they at emotionally, financially, spiritually?)
3. Compare How This Information Seems to Fit (Is what you have to offer a complementary match for what they have to offer? Do you seem to have a similar vision for what you want from each other?)
4. Explore Your Options (Spend time getting to know many people or investigating career options. Do

some "comparison shopping" before making a final decision.)

5. Make a Decision (Use the information gathered combined with the Get Smart! Decision-making Process, and make a decision to continue moving ahead or moving along.)

Of course, you should be evaluating this process at each step, to ensure you are making the smartest decision. Check in with yourself at each stage to ensure that you are following what your heart and mind are telling you. Remember that knowing what you really want from life up front can help you to choose wisely and ultimately bring the greatest satisfaction.

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Career Enhancement Tools For Stress Management

By Joyce Jackson

Career Enhancement Tools

No matter what your career, you will periodically face stressful situations from time to time. Handling stress in the workplace is challenging. Those that manage it well will be top candidates for career advancement.

Stress management requires skills and techniques. These are learned over time in a work environment or through career enhancement courses.

The first effective step in stress management is to "carve" away at it a little at a time. Solving stress issues with a "rip the bandaid off" approach more often than not creates even more stress. Take a step-at-a-time approach to solving the issue.

Second, most stress at the office starts at home. Take a look at your personal life. If you can narrow down the issues there as to what is causing the stress you can then begin to work it out slowly. Once things are running better at home they will be better in your work arena, too.

Third, your job and career can be a stressful one. If it is, decide either how you can handle the stress better or think of changing careers. You may need outside help with this decision and this is where a lot of other career enhancement tools come in to play: by providing help and information for this type of decision.

It's also important to know many people experience severe stress in their careers. You are not alone. Career-minded individuals who are focused on success tend to stick with their jobs over the long haul. In order to advance and prove your value when the next round of promotions come, you must be able to deal with stress effectively.

Finally, a few quick tools to help with stress:

1. Avoid Stress

Stay focused on your work. Exceed expectations by demanding excellence from yourself even if no one else does.

2. Be Organized

Keep a day planner and use it!

3. Talk Less

Professionals focus on doing their work. Gossip creates stress. Playing "he said she said" is not only tacky but dangerous. Danger will cause stress.

These little tools will help while you look for larger and better solutions in handling stress on your way

to career advancement. There is also career enhancement information for your use at [Career Enhancement Basics](#).

Joyce Jackson has spent 30 years in the career enhancement field as a consultant and expert. Her extensive experience and advice is available on her blog at [Career Enhancement Basics](#).



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