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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!**

**Ingredients for success**

**By Ophelia Sanchez**

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**INGREDIENTS FOR SUCCESS**

By Ophelia Sanchez

President

Management Resources, Inc. (MRI)

(c)1997 Management Resources, Inc. All rights reserved. No part of this article may be reproduced or copied by any means without written permission from Management Resources, Inc. Write MRI. Management by Objectives, strategic planning, quality, teams, re-engineering. Passing management fads? Consultants, more consultants. Training and more training. Businesses are littered by the corpses of all these attempts at finding the way to become better.

What happened? What went wrong? How can simple and productive ideas like these have failed in some companies while succeeding in others? In some companies one finds employees sneering at management, not believing on anything, just letting the days go by. In others one can see an uplifted employee force. They are committed to their work, they communicate with each other, they read company publications, they ask questions and hear the answers.

What is the cause? What is the difference? ATTITUDES. Attitude is one of those words that we have difficulty defining. It is a state of mind, a disposition, it reflects in our moods and personality, it molds our perspectives and preferences. It can result in laxity or negligence: an "It's Not My Job" mentality; or in an open-minded "Can Do" behavior.

Attitudes makes us who we are, how we think and act, how we respond to challenges, how we look at things. Attitudes are created and modified. We are not born with them. They are developed from early childhood.

There is a direct link between the way we think and the way we behave. When people come in contact with us they are responding to our personality, which is the outer expression of our inner attitudes. Our behavior (or personality) directly impacts our success. Since behavior is based on attitudes, attitude is one of the key ingredients for success.

Look at your favorite people in history. Why did they succeed? Was it their skills alone? There are millions with the skills and the knowledge who are not successful. In most cases winners have a driving attitude to succeed. Lincoln lost many elections before becoming president. John Paul II was shot and came close to death. Beethoven was deaf.

## Ingredients for success

Even in medical terms, positive attitude is a remarkable force. Positive thinking has been determined to be a "miracle drug" that you manufacture within yourself. As June Bierman, author of "Diabetes in the News" says "this miracle drug has no side effects, doesn't require a doctor's prescription and doesn't cost you a penny." What a powerful force!

What are your attitudes? Do you live thinking that any situation is an opportunity for success? Or do you believe that sooner or later something bad is going to happen? Do you look at things as "too much trouble," "there is nothing I can do?" Or do you say "this is an opportunity for me," "this is my chance to shine"?

So how can we develop our attitudes? Obviously, we first must realize that we need to. Then we must want to. If not, we will never change them. The most practical way to change attitudes is through spaced repetition, which is how attitudes were developed originally. Human behaviorists estimate that if you are exposed to an idea six times during six days, you will retain 62% of the idea after 15 years.

Another powerful tool to change attitudes is affirmations. Remember Mohamad Ali. He used to brag all the time that he was the greatest — he was re affirming his belief in himself. We need to do the same! Continuous use of positive affirmations about us have a tremendous power on how we see ourselves; how we see ourselves impacts how we act, how we act impacts our success.

Is this all we need to be successful? No. We also need SKILLS. Most companies send employees to technical training; but many are not concerned with human behavioral skills. The higher we go in an organization, the less technical skills we need; however, the human behavioral skills become critical to the job. We must keep in mind the "soft" skills as well as the technical skills required for our job. We can find people to fill in our lack of technical skills but is very difficult to get someone to replace our lack of human behavioral skills.

What else do we need to be successful? Think about how many times have we had the best of intentions to do something and we have quit along the way? The answer is : GOALS. Goals "make sure" that we stay on track and aimed at our success. We should emphasize personal goals as well as professional goals. Actually, they are integrated. Excelling in one propels the other. We must set goals for improvement for ourselves, making sure they are realistic, specific, measurable, actionable and time bound.

Develop an action plan to accomplish your goal with positive affirmations to guide you. Slowly you will see your life changing. What about in business ? How many of us find ourselves with no business goals, no direction? We fall in a daily routine of answering telephones, writing letters, having meetings, etc. Without goals for improvement we become slaves to the system, to the process. Goals drive companies to success.

A change in our attitudes, skills and goals will result in changed behavior. This new behavior will bring about improved results, both in our personal lives as well as in our business live. A very simple formula: Positive Attitudes, combined with Skills and Goals result in success.

CEO of Management Resources Institute

## **How To Teach Your Children To Cook**

**By Geoffrey Cook**

## Ingredients for success

If you're ready to teach your children how to cook, here are some simple tips for teaching them the basics, and giving them skills that will last them a lifetime!

First of all, think safety. Any child that has to stand on a stool or chair in order to reach the stove is too young to cook. Start younger children off by letting them help set and clear the table, gathering ingredients, and stirring, mixing or adding ingredients.

Next, set rules about handling knives and other sharp instruments and handling hot pans or boiling ingredients. Some parents start teaching their children to cook by showing them how to make things that don't require cooking first, and then graduating to letting them make food in the microwave.

Create a relaxed atmosphere that is fun when teaching your kids to cook. Remember what it was like when you were learning to cook? Chances are, you made a few messes and broke a few dishes. It happens. Learning to cook should be fun, not drudgery, although there are certain responsibilities that go along with the privilege, such as cleaning up as you go along, and leaving the kitchen clean when you're finished.

Start with the basics. Show your kids what the different utensils are used for, and the right way to use them. Teach them about herbs and spices, and using the right ingredients for the right dishes. Cooking is a great way to learn fractions and chemistry, and your kids might not even realize they're learning while they're having fun!

Begin with simple recipes. There are some great cookbooks for kids on the market today, that include step-by-step instructions and pictures so kids can see what something's supposed to look like while they're assembling the recipe...let success build on success.

Give your kids a chance to shine. As they learn to cook more complicated recipes, let them be responsible for planning — and cooking lunch or dinner one night. Letting your kids plan the meal — and even shop for the ingredients will help them to realize and appreciate the effort that goes into cooking.

As your kids become more skilled, begin including foods from different cultures. Many recipes such as French crepes or Italian lasagna are not difficult to make, and your kids will develop an appreciation for many different kinds of food.

Especially for younger children, having tools that are their own size not only make cooking more fun, but make it easier for them to participate. Kid-sized kitchen utensils can be found at many department or specialty stores.

Make sure you take plenty of pictures — you may not realize it now, but you're making memories that someday will be as delicious as that batch of chocolate chip cookies you're baking now!

You too, can manoeuvre in the unfamiliar waters of gourmet cuisine, with just a few well-learned techniques that are easy to master, and build a repertoire of literally hundreds of dishes and deserts. Let Geoffrey set you on the path today, to gastronomical delights!



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