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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!

It Won't Happen Today

By Dave Everett

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I guess we all want a successful online business. A business that will provide for ourselves and our families for the foreseeable future.

We all want the "work at the kitchen table, dressed in only your shorts, for just a few hours a day" dream business. We all want to work just when we want, taking time off for family and recreation whenever we feel the need.

Sound like a dream? Well, you can make it come true, but the one quality you will definitely need is an ample supply of patience. It is not going to happen overnight. Sorry, but whatever you were told when you bought the very latest ebook or software, building a business takes time, effort and dedication.

Would you expect a brand new offline business to be a success literally overnight? Of course you wouldn't, so why should an online business be any different?

Many people see the promises of online riches at various sales oriented websites and believe that success will come to them virtually overnight. That is what the website owner wants you to believe – just buy my product then sit back and watch it all happen.

I should know. I've fallen for it many, many times during the last few years. It has cost me several thousand dollars to learn from my mistakes.

It Won't Happen Today

If you have never run an online business before, you have got a lot of reading and learning to do. Subscribe to some of the better known ezines, read them avidly and learn from them.

Whatever project you decide to run with, learn as much about it as you can before spending your hard-earned money. Talk to others in the same business and learn from their methods.

Before you make any investment, devise a plan that details how you will grow this business from scratch into one that will generate a significant income for you. How will you promote it? Where will the income come from? How will you reach potential

clients? How much will it all cost? Plus a million other questions that you need to ask yourself ;-)

You should also realise that many of the more successful online entrepreneurs gain their incomes from more than one source. Multiple income streams is the name of the game these days. Several businesses all working in tandem towards a common goal. If one business should fail at any time in the future you are still deriving income from the others.

However, don't try to run before you can walk. One business at a time is more than enough for most of us!

So there you have it. Take your time, do your research, learn. You can have a successful online business, but it will take time.

Dave Everett publishes Home Business Tips, a fresh and informative newsletter dedicated to supporting people like YOU! If you're looking for the *best rated* home business opportunities, the latest time-saving tools and helpful support from an honest friend in the business, come by and grab a F-R-E-E subscription today at <http://this-does-work.com>

Just Do It – Just For Today

By Conrad L. Jones

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I bought a new treadmill a few months ago with the intention of developing a personal exercise program to keep in shape. After I had set everything up, I sat down and put together a pretty interested workout routine in which I'd wake at 6a.m and run/walk for 30 minutes, 3 days per week.

Please Don't Laugh

It Won't Happen Today

I was able to stick with this for about 3 days. It's amazing how good plans look on paper but when it's time for action, they often change. Every time I looked at that monthly schedule and saw what I had to do for the month, I'd lose my willingness to get out my warm bed and go on a cold treadmill. I mean, I could always do it tomorrow; but tomorrow never came.

Every weekend it was the same story; I'd feel bad that I'd missed a week out of my routine and promise myself that this coming week, I'd get things done, but come Sunday, I'd again be apologizing to myself and promising that come next week, I'll start.

Now I'm usually able to get things done when I need to, but I've noticed that there are a few things that I have a hard time bringing myself to do especially when I need to do it consistently. I usually have good intentions; but good intentions alone never gets anything done.

Is It Just Me???

Why does it seem that when we need to develop a good beneficial habit, that we struggle so much, while building bad habits are so easy.

Well, I've learned that some of the bad habits that I had, usually are directly related to how I feel about them. Some of them make me feel good so I associate the good feelings with them and that makes it easy to do them.

On the other hand, some of the good habits either require work, moves me from my comfortable zone, or just don't seem like fun. But should we do only the things that's easy, makes us feel good, and seem like fun? If we did, we'd probably be in poor health, die young, gain nothing significant and worthwhile in life, and the world would be a totally different place from what we know today.

So, how do we deal with doing the things we know we should do, but don't want to?

We simply learn to renew our will everyday.

Say Do What???

Here's what I mean.

I know I should get up each morning and go through my exercise routine why? simply because I want a healthier body and my work hours don't always allow me to go to the gym. "But I don't feel like getting out of bed!", well, I could kiss my fading dream of a healthier body goodbye because it'll never happen.

I realized that my problem was more mental than anything else, so this is what I did to deal with it. Remember I said earlier, to make this work you need to renew your will each day?

Well, first I had to recognize that nothing would ever happen unless I made it happen.

Next, I just had to do it today; I stopped looking at exercising for the whole week and just concentrated on doing it today, not tomorrow, not yesterday, just today.

I Finally Just Did It

So, at 6a.m today, I got up, put on my exercise clothes, and got on the treadmill for half hour. I told myself, "Conrad, you just have to do it for today, tomorrow may not come, and yesterday is long gone, you only have today."

My today, has now become six weeks later. I have actually made it to 6 weeks of

exercising 3 days per week and have even increased it to 6 days per week. Remember, this was something I once thought I'd never be able to do, and do you know what else?

I'm actually enjoying it so much that now, I don't want to stop. Funny isn't it?

Just Do It So, whether you want a healthier body, a better diet, more passion/love in your relationship, more education, whatever you desire, just remember to go out and do it for today; not yesterday, not tomorrow, just today. And when tomorrow comes, it will become today.

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Conrad L.Jones is CEO of "KPS Publishing Inc", an organization created to educate, motivate, and equip people working to improve their lives in areas of Godly living, personal finance, relationships, self-improvement and healthy lifestyles. To read more of his articles go to his site www.relationship-helps-and-advice.com

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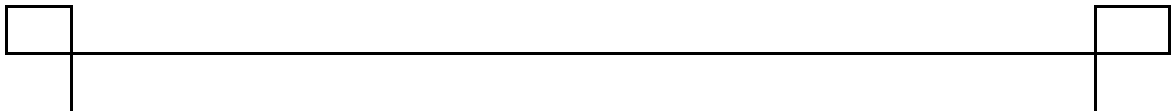
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