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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

KEEPING YOUR EYE ON THE PRIZE

By Greg Slavens

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Years ago, I attended a seminar about goal-setting that I've never forgotten. The leader of the workshop presented the participants with tried-and-true steps to reaching every one of our goals. At the time, I thought "It can't be this easy ... can it?"

Well, the simple steps I learned then are still working for me today, and I'd like to share them with you. Whether your goal is to lose ten pounds, or to retire ten years early, these basic principles can be applied to almost any life situation or challenge.

The first thing to do is to define the goal -- in specific, measurable terms -- and write it down. This helps you to clarify what your goal really is, and gives it some life.

So, for example, instead of just saying, "I'd like to retire early," your goal should be stated as "I'd like to retire no later than the year 2004." When the leader of that workshop talked about this step, she said, "Having it written down allows you to stay focused, and to keep your eye on the prize."

The next thing to do with a goal is to 'make molehills out of mountains.' In other words, break the goal down into more manageable segments -- either by time frame, or some other measurable unit. For example, if your goal is to lose twenty pounds, you would 'make molehills out of mountains' by declaring that you will lose four pounds per month.

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And keep your eye on the prize.

Now that you have a measurable goal down on paper, and you've broken it down into manageable parts, you need to look at all the obstacles that are stopping you – or have stopped you in the past – from reaching it. Write them down.

Then, for each obstacle you define, figure out what resources are available to you to get over, or past, or through, that barrier. Negative self-talk in your way?

Create affirmations you can use, daily, to counter-act it. A well-meaning friend or relative tries to stop you? Make a list of all the folks you know who support you! For every obstacle, there is a solution. Find yours, record them – and keep your eye on the prize.

Finally, you need to determine ways that you will reward yourself. And don't wait until you get over the mountain – build in a suitable reward for each way-point, each time you push past an obstacle on the way to your goal.

All of these steps WILL move you closer to reaching your goal if you follow them. What's stopping you now?

Is your eye on the prize?

Greg Slavens follows his own advice, and can be contacted through his website at http://www.roibot.com/w.cgi?R23994_EZTraff

A Winning Lottery Number Selection Strategy

By R Stark

A Winning Lottery Number Selection Strategy by R Stark

The problem with selecting lottery numbers is the fact that any regulated lottery result is by definition random, and so any 6 number selections are as likely as any other, no matter what numbers came out last week or the week before. So how can we talk about a 'Winning Lotto Strategy'? Simple – you need to pay attention to the numbers you DON'T choose!

This strange piece of advice is actually entirely logical, because with a bit of straightforward planning, you can ensure that should any of your numbers actually come up, you have minimized the chance that you will have to share the prize with other people. In other words, avoid 'obvious' lottery selections,

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unless you want to share the prize! By the way, can you guess what the most common lotto entry is? Yep, 1, 2, 3, 4, 5 and 6. Hard to believe, isn't it?! While these numbers are as likely as any other 6 to come up, if they did, the payout per ticket would be tiny, because so many people would be trying to claim a slice of the pie!

So here are some tips to help you make sure that your selections are unique to your ticket, and thus any prize you win will be shared with less people.

- * More than 2 consecutive numbers is a no no. For example, choosing 1,2,3 or 47,48,49 will mean you are 'in play' with THOUSANDS of other lottery hopefuls.

- * It is unwise to choose numbers at fixed intervals, especially when that interval is the same as on the entry slip (e.g. 1, 6, 11 etc). This is because people have a tendency to 'run down the lotto slip' if they are in a hurry.

- * Many people use birthdays, so choose at least one number above 31. This will differentiate your lottery ticket from theirs.

- * Same goes for dates – never enter more than 2 numbers less than or equal to 12.

- * Don't choose any of last week's lotto draw numbers. You'd be surprised how many punters try this!

- * Never copy anyone else's numbers – that would mean sharing any prize with at least 1 other person!

- * Keep an eye on the most common and least common numbers over time – many people play these, because they do not understand that the lottery really is random. If you play them too, you will end up sharing any prize you win.

Once you've selected 6 numbers, it's a good idea to stick with 'em. They are as likely to win in any week as any other set, and imagine how you would feel if you changed them and then the next week they won! (This has happened by the way).

Finally, if it's a rollover jackpot lotto play, consider buying another ticket (with a separate set of numbers, of course!). The most interesting case is when the prize is more than the odds of winning x

ticket price (in the UK, a jackpot of £13 million or more). You could in theory guarantee a win by buying EVERY combination of tickets, although you would almost certainly have to share the lottery jackpot with someone!

Rosy Stark writes lottery articles for

when she isn't busy

home-making

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