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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!

Launch Your Success

By Pam Murphy, B.S., RRT

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Are you happy with your situation in life? Or do you find yourself wondering if "this is all there is"? If you're wondering you're a step ahead of lots of other people, who trudge daily to a 9-5 job working to make someone else rich, coming home in the evening to dinner and then mind-numbing television until they fall asleep, only to wake up the next morning and repeat the same safe, comfortable rut. Very little personal growth can take place in and dreams of wealth are not attainable when life is lived in a safe, comfortable rut.

It's so easy to do the same thing everyday. And it's safe and comfortable to do the same thing everyday. But if you don't take action then you're always going to have what you have right now.

Do you want to change your life? Do you want to live the life of your dreams? Do you want to have the freedom of having your own business? Do you want to fire your boss?

Then **STEP OUT OF YOUR BOX.**

So you ask, How do I do that? First you have to decide what you want. What is important to you? When you dream of a better life what **EXACTLY** do you dream? Be specific when you answer this question. Start a success journal. Put your answer down on paper. What kind of business do you want? Do you want to provide a service or a product? Do you want a business which improves people's lives? Why do you want the business you want? How much money do you want to make? What **GOOD** will you do with your financial success? How will you give back to your community? What is your business mission statement?

Make a list of business and personal goals and specify dates by which you intend to reach each goal. Post your goals where you can see them everyday (i.e. on the refrigerator, bathroom mirror, your bedroom door, the dashboard of your car, on your

desk).

Next train yourself to focus only on the positive. In your mind SEE your-self living the life you want, SEE the car you want to drive, SEE the house you want to live in, SEE the good you plan to do with your success, SEE yourself living the life you want to live. FEEL how it feels to live the life you want to live. The mind is a powerful force. Thoughts are powerful. You will have what you THINK. If you think I will "try" to achieve my goals, that is paramount to thinking "I might fail". Understand there can be NO possibility of failure in your thoughts or in what you speak. Pay attention to your thoughts and words. Banish all negativity. Focus and Believe with all your might in your success. Every night before you go to bed write in your success journal. List what you accomplished that day to move you toward your goal and specify what you

are going to do the next day to move toward your goals. Take daily action to achieve your goals. Be persistent.

To recap:

1. Make the decision to live the life you want.
2. Focus on what you wish to achieve.
3. Believe you can have the life you want.
4. Take action EVERYDAY to achieve your life goals.

The possibilities for your success are limitless because they are within you. Hang in there. Persevere. Think positive. Take daily persistent action to achieve your dreams and success will come to you.

Pam Murphy, B.S., RRT, Global Wellness Business Consultant has a health and wellness business online. She is dedicated to educating and helping others to improve both their health and financial situation. <http://prohealthlife.goodhealthrevolution.com>

How to launch your kayak

By Jakob Jelling

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Launching your kayak does not have to be difficult as long as you know what you're doing.

When it comes to launching your kayak, there are a few important decisions that you must make. The first thing you should decide is whether or not you want to launch your kayak from the land, or on the water. You can even launch your kayak from a dock, though that is usually a bit harder to do than launching the boat from the beach, or on dry land.

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The two main methods of launching your kayak from the land consist of the regular launch, and of "wet-footing" it. Wet footing means that you load up your kayak in the water so that the bottom will not rub against the sand or rocks that might be on the beach. You should definitely use this method to launch your kayak if you are going to be launching from a rocky beach, or any other situation where there might be objects that can harm your kayak in the sand.

After all, while most kayaks are generally designed to be fairly sturdy, it is always possible that they could be damaged. This is especially the case if they are loaded up on land, and then dragged over rocks. When launching your kayak from the water, you should make sure that you are able to put everything into your kayak that you want to use. You should probably load the lighter objects into your kayak when you are still on land, as well, since they won't cause any extra harm to your kayak, and it will make getting in a lot easier once you are in the water. If you decide to try launching your kayak this way, make sure that you practice a little bit first. That way you'll be able to get into your kayak quickly and easily, and you won't fall.

If you think that this method sounds too complicated, some people find that it is easier to get into their kayak on dry land. However, you should only use the dry land launch if you are on a sandy beach where there are no major obstacles between yourself and the water. Then, pull your kayak out so that the bow is actually floating. This is so that you will not have to drag your kayak over too much sand before you get into the water.

Keep in mind that launching your kayak can get a lot more dangerous and difficult if you are launching in an area where there is a lot of surf. While it is always possible to launch a kayak in high surf, you're probably better off avoiding this. Therefore, you should try to find a beach that is sheltered for launching your kayak.

Jakob Jelling is the founder of <http://www.kayakhelp.com>. Please visit his complete kayaking guide for all skills and ages.



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