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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!**

**Life Lessons, A Three Step Process**

**By Sue and Chuck DeFiore**

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I have come to the conclusion that no matter what you want out of life there is a three step process.

The first step is to make a decision. You need to decide if you want to lose weight, stop smoking, save money, find a compatible mate, spend more time with your children, start a business, volunteer... you get the idea. Whatever it is you want to do, the first step is to decide and I mean really decide that you want to do it. Just talking it to death is not making a decision, making the effort and moving forward after making the decision is. So first, write down the decision you have made.

The next step is the big one, the big "C" and that is to make a commitment to your decision. The commitment is the stumbling point for so many. They talk and talk about the decisions, I'm going to lose weight, I am going to start my own business, I am going to stop smoking, etc.

A commitment means taking the steps to fulfill the decision you made. Making a plan to move forward. If your decision is to spend more time with your children, decide what days and time you will spend with them and make up a list of the things you could do with them. Or if you decide to volunteer, make a list of your interests, and then match that to a organization that needs volunteers.

If you have decided to start a business then make a plan on how you want to proceed. If you have decided to save money, you need to make a concentrated effort and a commitment to do so.

The commitment is how you are going to implement the decision and you must stick to your commitment or you are back in the decision stage and that is a "no man's land".

Okay, you made a decision, and have committed yourself to that decision, now the last step is to Succeed. Don't think you are done. As a former smoker I know that you have to still commit yourself every day so you can continue to succeed. Same goes for those of us trying to keep weight off, and probably the best known continual effort is that of the alcoholic. Think of AA and the ongoing process.

So, make your decision, commit to it, and you will succeed, provided you continue to commit to your decision.

Wishing you the best in whatever decision you make!

Interested in having your own successful, home based creative real estate investing business? Chuck and Sue have been helping folks start successful home based businesses for over 19 years, and we can help you too! To see how, visit <http://www.homebusinesssolutions.com> for the latest FREE tips and tricks, educational products and coaching in creative real estate investing and home based businesses.

## **Failure Is Not Final**

**By Josh Hinds**

### **Failure Is Not Final by Josh Hinds**

Don't look at failure as final, it's simply a step in the process – Try to remind yourself that your failures are rarely final as the word failure implies. Rather they are lessons to gain insight into how to do things better the next time around.

I would challenge you to find one occurrence in your own life where you have not actually gained something from a past mistake? It might take some heavy thought here, but as you ponder the situation I think you'll see what I mean. Even if it was as simple as learning what not to do the next time around, that's still valuable.

The next time you find yourself faced with something that doesn't go as planned take the time to ponder what happened. Gain knowledge from the experience that you can apply so that things work out better the next time around.

Success in most everything comes from an ongoing commitment to learning and applying what you learn. Our shortcomings can offer up valuable experiences when we choose to view them as lessons as opposed to failures.

Written by Josh Hinds of <http://www.GetMotivation.com> Sign up for my ezine at <http://www.GetMotivation.com/ezines.html> Josh is also the co-founder of <http://www.AudioMotivation.com> – which includes an abundance of self-improvement resources as well as exclusive audio interviews with leading experts in the areas of motivation and personal development.



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