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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!

Little Things Mean A Lot

By Dr Tim Ong

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Introduction

Each day, in the news, we read about the merging of companies, banks and multinational corporations into ever bigger entities. As they grew bigger, they gain more leverage, more control, and greater monopoly of the markets, thus assuring the slow but steady demise of small concerns. Thus we can easily understand why most people think big is better. So, why are we talking about the little things?

Priority

While thinking big may be good for corporations, the same does not necessary apply to a relationship. In a relationship, thinking small is better.

Thinking small means paying attention to details and taking the pain to make small gestures and actions count – something we often ignore when we deal with people, whether they are our loved ones, our friends or our colleagues. We forget that little things can mean a lot. Although deep in our heart, we know that we value them as significant people in our live, our behaviours and actions don't reflect that.

So, while we may go out of the way to remember a customer's birthday, we forget our spouse's birthday. We remember our client's anniversary but forget our own. We take the extra effort to plan for our client's functions but forget to plan for our child's birthday. We truly believe our family comes first, yet we behave as though our clients are more important to us than our family. What is wrong with us? Where is our priority?

We often console ourselves by saying that we'll make it up to our loved ones with our next bonus, or the next holidays but when the time comes, we never do.

Little Things Mean A Lot

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Time and again we fail our family, yet they are always there for us, no matter what. It's time we re-arrange our priorities and do what we know we needed to do – put our family first.

It doesn't take a lot to make our loved ones happy. Very often, small thoughtful gestures mean more to them than monetary value. My 5 year old daughter, for example, would choose to have me read her a story book than to buy her a toy. My 3 year old son prefers a walk in the park. My wife is happy with a "I love you" card which I sent her occasionally, not just on her birthday or our wedding anniversary.

A Powerful Lesson

I learnt the value of small thoughtful gestures when I was 18. It was the year I represented my country in a student exchange programme to USA. On a flight to New York from Los Angeles, an elderly American sat beside me. When he learned that I was in his country as an exchange student, he paid for my movie on the plane. Though the gesture was small, to me, his act represented an act of kindness to a complete stranger. It was my first impression of the American people. The impression stayed till this very day.

Summary

Caught in the rat race, we often forget that little gestures can leave lasting impressions – impressions that may shape the future thoughts and characters of our kids and loved one. Thus it is good to remind ourselves every so often to review our priorities and see if our actions reflect the priorities in our life. Remember the little things – they mean a lot to our loved ones.

Tim Ong is a medical doctor and author of the online "Build From Within" newsletter series. He is also the webmaster of The Self Improvement Site (<http://www.theseffimprovementsite.com>), Klinik Ong (<http://www.klinikong.com>) and Caring For The Terminally Ill (<http://www.caring-terminally-ill.com>). You may sign up for his free newsletter at <http://www.theseffimprovementsite.com/signup.html>

Wedding Planning Insights: How To Plan The Perfect Wedding Day

By Melissa Burton

There is a great deal of planning that goes into any large event but a wedding takes a lot of planning and organising. You have to make sure that the venue is booked, the dress fits, the bridesmaids have their dresses, the flowers are going to be there, the minister is well, the music is still on, the reception hall is ready, the guest are coming, your bride or groom is coming and the rings are there! Like I said: a lot of planning for a wedding!!!

A wedding needs to be carried out with most organising as possible, everything should run smoothly without any hitches and that requires a lot of planning. Usually families and friends get together to sort out the wedding but sometimes people hire a wedding planner! They are quite expensive but have a lot

Little Things Mean A Lot

of expertise in the field of weddings; I think that they have a great job!

Wedding planning requires a knack, a knack to know how things work and how things will go, you need to be confident enough to ensure that the day runs as smooth as a lake and not like a waterfall, in fact water features are great at a wedding keep that in mind!

There are great tips and advice to help your wedding planning go a lot easier and a lot less stressful. On the internet there are articles, and tools to help you keep your wedding calm, there are also lots of television shows in channels like the discovery channel which are full of informative ideas for your wedding and how to plan things such as the flowers, the cake and the dress.

One of the great tips I like is to make a checklist, sit down and think of everything that needs to be done a few weeks before the planning starts, so if you forget anything you have a few weeks to make sure everything is on the list, an even bigger tip is not to loose the list!!! Not to mention make sure that you stick to your budget as weddings can be very expensive but they can also cost a lot less if you do proper planning and budgeting.

With the right amount of wedding planning and the right amount of time and effort everyone's wedding can go as smooth as a baby's bottom, and you can enjoy your perfect day to the fullest!

Download our excellent discount wedding planning mini-course absolutely FREE at



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