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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!**

**Making a Difference in Your Life**

**By David DeFord**

**Making a Difference in Your Life by David DeFord**

Not long ago I heard about a study performed on death-bed conversations. The study noted that the two most frequently discussed subjects at the end of one's life were:

1. Relationships; and
2. Contributions made in one's life

While we remain in pursuit of many worthwhile personal endeavors, we must always remember to acknowledge and nurture those around us.

Those who need nurturing may be our family or our co-workers; but they may also be those in the community at-large.

I have found in my own life, and observed in the life of others that we can attract abundance by serving others. The biblical adage, "We reap what we sow" lives on.

We live fulfilled lives, not by seeking treasure or pleasure for ourselves, but by turning our desires and efforts outward.

By so doing, we put ourselves in the position to deserve success.

Many of us live what I call a "TV existence." Rather than giving back to the community, and making life for others better, those living the "TV existence" live their lives as passive spectators, always seeking rest and comfort.

How can we fight our way out of such lives?

Start keeping a journal.

Leave a legacy to your children of an account of your life. If you record your activities, you will tend to lift yourself off of the sofa and accomplish more meaningful works. No one wants to record in their daily journal, "Today I watched the following sit-coms...."

## Making a Difference in Your Life

Find a need and seek to fill it

Look for opportunities to make a contribution to the good of others.

On a Monday not long ago, as I took my lunchtime walk around a nearby lake, I noticed a great deal of trash left by the weekend recreationalists. I fumed in my mind for ten minutes or so, and then decided I should do something positive. The next day, Tuesday, as I walked, I brought along a trash bag and a stick with a nail on the end for picking up trash. I was able to get my exercise, and at the same time, pick up a few pounds of trash. My walks on Wednesday and Thursday filled me with warmth and gladness at seeing the results of my simple labor.

Continue giving money, but begin giving time.

Financial Contributions are praise-worthy, but the joy of writing a check cannot be compared to that

that comes from hugging a cancer patient or feeding the homeless. When we give our time, the feeling of generosity lasts much longer.

Involve your whole family and others

A good experience shared is a greater one. When united in a good cause, our relationships become richer.

Many years ago I managed several programmers developing software to be used by nursing home personnel. They had developed that "ivory tower" attitude that the users were idiots, and they were the superiors. There was also terrible job dissatisfaction and turnover in the department. I had to find a way to help them feel a greater purpose in their labors. I began taking them to some of the nursing homes, and had them volunteer. Not once in their visits did they watch their software being used. Instead, they helped with activities, gave manicures, and served food.

Almost immediately, the tone of the department changed. They viewed their work more as a purposeful calling than as a difficult labor. They gained an admiration for the workers who used their products. And they began working more as a team. The sense of meaning and unified purpose changed everything.

The same effect can result when we involve our families in serving others.

Who needs your help?

Keep your eyes and ears open—opportunities to serve surround us. We just need to become aware. Read your local newspaper and the newsletters from your schools. It's not hard to find people or agencies that need helpers.

Nursing homes always need visitors and volunteers. The elderly who live at home need yard work, snow removal and home repairs. Youth need athletic coaches, scout leaders, and vocational trainers. Health associations need people to help in the office, stuff envelopes, and many other tasks.

Check your yellow pages for social agencies and service clubs.

Do something right away. I have heard people say that they will first make their fortune, then perform some grand and exotic service to mankind. But I have found that we can do more good by doing many

little things throughout our lives—day after day. Samuel Johnson said, "He who waits to do a great deal of good at once, will never do anything."

Find a worthy cause, and thrust your heart into it. Your community will benefit greatly—and so will you.

David DeFord is the owner of Ordinary People Can Win, a personal development company dedicated to helping ordinary people achieve extraordinary success in all areas of their lives. See his website at <http://www.OrdinaryPeopleCanWin.com> and subscribe to his free weekly e-zine. His new e-book, Ordinary People Can Achieve the Extraordinary—A Practical Guide to Goal Achievement, is available at <http://www.OrdinaryPeopleCanWin.com/extraordinaryachieve.htm>

## **Can YOU Make a Difference?**

**By Chrissy Redmond**

### **Can YOU Make a Difference? by Chrissy Redmond**

Can YOU Make a Difference?

From the Humane Society to the Red Cross, there are many non-profit organizations that change many people's and animal's lives. Many volunteers are needed to help the organization be a success and while kids are too young to be a vet or a doctor the world wide web is our generation's tool! For business, information and just keeping in touch the web has become a common way to communicate.

In the next month or two, [www.catholicschoolkid.com](http://www.catholicschoolkid.com) is going to have a new web page. The page will be focussed on making a difference in other people's lives. I will be publishing a book (e-book) on the web that will show step by step instructions for creating your own web site. If you follow the daily steps, within a month you will have your own web so that you can make a difference too. (Our proceeds go to help pro-life causes.) Your work can help non-profit organizations like:

Humane Society  
American Heart Association  
National Cancer Society  
Hospice  
Make a Wish  
American Red Cross  
Paws for a Cause  
Leader Dogs for the Blind

This page will also have links to your web so we can promote your new site!

Visit us in a month or two and start making a difference. For more information e-mail me at:

<mailto:info@catholicschoolkid.com>

Chrissy Redmond is one of the creators of <http://www.catholicschoolkid.com>, a site dedicated to

raising funds for pro-life causes. You can learn more by visiting the site:  
<http://www.catholicschoolkid.com>



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