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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!

Ordinary People Can Get What They Want

By David DeFord

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Johanes Tot is an ordinary nineteen year old young man. He works at HP in a non-technical, non-professional job. He graduated in May from Benson High School, where he ran track and cross country.

He's much like you and me. But, let's dig a little deeper into Johanes' life.

He was born in war-torn Sudan in northeast Africa. Life there was very dangerous. In a brutal civil war, youth in Sudan are often drafted into the rebel army as young as eleven.

Johanes and his family wanted more for him. He, along with his little brother and younger niece, walked many hundreds of miles to a refugee camp in Kenya. He assumed responsibility for his brother and niece.

They were among the fortunate who were allowed to come to the US to start anew.

Arrangements were made for them to travel to NYC and there meet an uncle. When they arrived-- no uncle. Johanes, with very little money, and with the responsibility of his two charges, lived on the streets of NY for weeks until connection could be made with his uncle.

They came to Omaha, knowing almost no English. Yet Johanes went to school, found work and an apartment for himself and his brother and niece.

Well, what's up with Johanes? He graduated from Benson High with honors. He received two prestigious scholarships--Coca Cola and Peter Kiewit, and entered the University of Nebraska - Omaha this fall.

Ordinary? yes
Determined? yes
Courageous? yes

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Persistent? yes
Adaptable? yes
Disciplined? yes
Unstoppable? absolutely

If you could have anything in your life, and you knew you would succeed, what dream would you chase?

- Becoming debt free
- Reach your ideal weight
- Reconcile with a loved one
- Own your own business

What are you doing about it?

Do you want it as bad as Johannes wanted a new life?

You need a defining moment. Most extraordinary accomplishments begin with the firm resolve that comes when we finally say, "Enough!"

Set a goal.

Write it down.

Below it write when you will reach your goal.

Then record why you need or want to get there.

Lastly, record how you will accomplish it.

Now that you've decided the what, when, why, and how, you are well on your way.

You may want to set three or four goals in the same way.

Carry this goal record with you. Review it at least daily. Do something everyday that moves you closer to achievement.

Visualize achieving your goals.

Involve your senses:

- How will it feel to write that last debt check?
- What will the check look like?
- Feel the pen in your hand
- Hear the ripping sound as you tear it from the checkbook.
- Taste the glue on the envelope as you seal it.

Decide now how you will celebrate interim progress and ultimate achievement.

You must believe in yourself. You must believe you can do it.

In fact, you must go beyond mere belief, and know that you will do it.

Don't look at past failures, they are no longer valid. This is today. You have a new resolve, you have a plan, you have seen, heard, felt, and even tasted success.

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You now know you can do it.

Now, I have one more suggestion—surround yourself with those who also know you can do it. Meet together in person, or by phone to discuss your goals, and your progress toward their completion. Encourage and guide each other.

Live with intent.

Get what you want.

I know, and you do too, that you can do it.

Related Quotes:

"High achievement always takes place in a framework of high expectation." Jack Kinder

"The truth of the matter is that there's nothing you can't accomplish if:

(1) You clearly decide what it is that you're absolutely committed to achieving,

(2) You're willing to take massive action,

(3) You notice what's working or not, and

(4) You continue to change your approach until you achieve what you want, using whatever life gives you along the way." Anthony Robbins

"If you don't have a plan (goals) for what you want, then you will probably find yourself buying into someone else's plan and later find out that wasn't the direction you wanted to go. You've got to be the architect of your life." Jim Rohn

"Do not let the future be held hostage by the past." Neal A. Maxwell

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. He promotes success through integrity. He is developing a website at www.OrdinaryPeopleCanWin.com and a free weekly e-zine. To subscribe, go

to: <http://postsnet.com/app/campaigner/trk/trk2.jsp?cid=241268&rid=240819&ctd=209270263<p=7&gen=0&fLinkId=84873712>

The Golf Tip Used By Successful Players

By David Ferrers

There is one golf tip that is used by most professional players and very few ordinary amateurs. It makes a real difference to your game.

One of the key differences between professionals and ordinary amateurs is that when the professional decides to take a golf tip on board he really works at it. I mean to say that he gives it a lot of thought and he stays with it for enough time to give it a chance to work.

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The ordinary amateur on the other hand will hear a golf tip, give it a try and then probably discard it before they have given it a real chance.

One of the most commonly used golf tips employed by top sports people in all fields is the mind movie. They rehearse exactly what they are going to do in their mind before they carry out the action.

They use a mind movie as a kind of software program to tell their muscles what to do and how to feel during their swing. Then, when they step up to the ball, all they have to do is go on to auto-pilot and a good, well-grooved swing reproduces itself.

This is a golf tip anyone can use.

An important part of this golf tip is to program your swing properly before you make your mind movie. It's a bit like driving a car, you drive on auto-pilot, but you had to have some lessons when you first started to drive, then you had to practice until your program for driving became automatic. You can learn to do the same thing with your golf swing and get the same good quality results.

The easy way for an ordinary golfer to adopt this golf tip and achieve a correct and well-grooved golf swing is to develop a mind movie of their own. Then, simply by running this mind movie every time you step up to the ball you will set your well grooved swing in motion. This is what Jack Nicklaus always did.

You can get this golf tip and learn to build your own golf mind movie. Just go to the Google Internet search engine and type in the words 'golf mind movies'. There you will find a number of sites which will tell you how to develop a powerful and accurate golf swing that repeats even under pressure.

David Ferrers M.N-LP, is a Professional Coach and Certified Master Mind-Language Programmer. He writes about mind movies to help golfers with quick and easy ways to play winning golf:

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