

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Putting Your Game Plan Together

By Lois R. Thompson

Putting Your Game Plan Together by Lois R. Thompson

Are you shooting in the dark or do you have a well organized and effective game plan in place?

Lets say, you are planning the vacation of your dreams. You can pick any location you desire. In the excitement of things you've gotten so caught up with being on this vacation and day dreaming about how you're going to be spending it, that you forget to make a detailed plan of it.

The departure date rolls around, you're all packed and ready to go. You arrive safely at the airport, only to realize that you don't have a clue which airline you're taking, what fight you are to be on, what gate the flight is departing from...and at this point not even sure if you should go to Vienna first or Geneva. This is the beginning of your fabulous dream vacation of a lifetime.

Of course you would never allow such a scenario for you dream vacation, yet, so many treat their business in just that manner...Lack of planning, disorganized and unproductive.

Putting your game plan together is a critical element to your success. Your game plan is simply your business plan. Consider your game plan foundation of your business. With out a foundation it cannot stand.

Your game plan is simply formulating a workable plan and then **CONSISTENTLY** working that plan. This will be one of the most rewarding thing you'll ever do.

It will give you a sense of accomplishment because you will be able to clearly see the fruits of your efforts. There is something that satisfies the human nature in making a commitment, sticking with it, and seeing the results.

Putting Your Game Plan Together

Most people who start a business online do so by leaping in, without any real commitment, a sense of direction or any real understanding of the implications associated with success or failure. Many gain that understanding later, usually at a great cost.

Most of the Web's "Newbie" is excited about the obvious potential of "Working From Home...Income Potential", but doesn't have a clue about how to translate that potential into realized income. On the other hand we have, the Professional who has mastered the critical skills that bridge the huge gap between potential and reality.

While the Professionals is busy mastering his skills and reaping great wealth, the Newbies most of whom are barely earning enough to maintain their online expenses, are becoming discouraged from the lack of accomplishment and consequently jump from one bizop to another in utter frustration. Why? They are failing to work their plan because they don't have a plan.

Currently, I spend a good deal of time in New York where there are thousands of skyscrapers. Can you imagine if the visionaries who developed those skyscrapers did not take the time to have developed a plan, a blue print, from which to have laid the foundation for each of those skyscrapers...it would have resulted in utter chaos. These same principles are true for your business. If it is to last the test of time and achieve your goal, you will be required to lay your foundation.

So, get yourself a cup of tea, hit the reclines and get your note book ready, you're going to have to write this down. It has been scientifically proven that when things are written down it locks it in more than just thinking about it. The exercise of writing things down some how has a significant effect on the neurological body chemistry.

Your game plan should be clear, simple and direct. Its focus should be on where you are going, when you will arrive there and by what means you will get there.

Are you ready now? Great! Let's get going!

Formulate Your Plan:

Know that the game plan you commit to will set you free if you take action and if you act with your best effort.

The you will be working backward from a long-term plan to a daily method of operation. You'll know exactly what you want and how you are going to get it.

Construction the plan:

1). Write in your journal exactly where you'd like to be in 5 year, and then in big bold letters write, "I

COMMIT TO DOING WHAT IS REQUIRED OF ME TO ACCOMPLISH

MY GOALS"

1). Keep it simple

2). In constructing your plan, you are going to begin working you backward from a long-term plan to a daily plan, your "to-do today" list. With this you'll not only know exactly what you want to accomplish, but you'll know exactly how you are going to go about getting it.

Your Five Year Plan

Your Three Year Plan

Your One Year Commitment

Your Next 90 Days

Your Weekly Method of Operation

Your Daily Method of Operation

Your One Year Commitment:

Think of this for a moment, can you imagine Jerry Yang, Co-founder, Yahoo, starting Yahoo and saying, and saying, "I'm going to give this 30 days"? Absolutely Not!

Yet, many take that non-committal attitude toward their goals and financial future. If you are going to to achieve your life's goals and financial freedom marketing on the Internet, you are going to need to commit to working your plan for at least one year.

So, since achieving your 5 year goal is dependent upon achieving your 1 year goal, realistically you are going to have to commit to you success for one year.

Whatever your long term goal is, example: to be a Real Estate Developer, then realistically one-year is what it will take to get your education and expertise in that area and your business off the ground.

Here are some of what you can expect in one year:

- * You'll make money
- * You'll make mistakes
- * You'll develop new relationships
- * You'll be doing all that it takes to fulfill you plan.

Your Five Year Plan:

Most of us cannot wait. Five years may seem like a very long time, but if you think

Putting Your Game Plan Together

about it, what were you doing the last five years? Did they seem to have just whizzed by? Doesn't seem that long, does it?

Five years is a good time-frame for achieving one's long term goals. Some of you will do it much faster and some will do it slower, while some will not do it at all. You are going to accomplish this goal one step-at-a-time.

Your accomplishment of your goals, will all depend on each persons level of commitment.

Your Daily Plan:

Here you need to list everything that should be done. Once you have everything listed, look at each activity and ask this question:

Priority #1: I must-do activity

Ask your self the question, how critical is accomplishing this task to meeting my one year goal?

Priority #2: I should-do activity

Ask yourself the question, is this something I should do that is of benefit to me in achieving my one year goal?

Priority #3: I like-doing activity

Ask yourself the question, be honest here, I accomplished the things that I must and should do, so that I am now able to do the things I like to do??

If your answer is no, then you'll need to cut your time from doing the things you like to do in order to do the things you MUST do. You will need to do whatever it will take to get priorities 1 and 2 accomplished.

From this you will daily develop a To Do priority list. The accomplishment of this daily list will be the foundation of your success.

The kids are screaming, you've already worked 8 hours plus 2 hours overtime with a 1 hour commute. How do you find the time you ask?? Make It! It's called sacrifice. Commitment. It is Prioritizing!

Somehow we always find the time to do the things that are REALLY, REALLY important to us. If we want it great enough, we will create the time if we have to.

Now tell me, would such a sacrifice be worth it, in order to enjoy Freedom of time, lifestyle and finances in as little 3-5 years??

Try it! You just may be surprised.

The Absolutely, Positively, Best Way To Get Outstanding Results With Your Golf Swing

By Sean Cochran

Working on the PGA Tour and with Phil Mickelson has brought me great insight onto how success occurs in professional golf.

I'm sure we'll agree that all the players in the professional ranks have incredible talent. I also know that talent alone will not win tournaments at this level. It is often said that any one of the players on Tour can win any week.

What I have noticed over the years of what separates the professional from the amateur golfer is not only talent but the intense desire to improve.

Every single player at this level has a burning desire to compete and win. In order for the wins to pile up, a certain mind set must be in place.

The mind set is one of constant improvement. You'll probably agree that any successful person or business has the same mindset.

Highly successful people and businesses review their current state of affairs and determine where they can improve. It is no different on the PGA Tour.

The best of the best review their current golf game and determine where they can improve.

I would suggest as a golfer, you do the same. Take a good look at your overall golf game.

Ask Yourself:

- 1) "What is my current golf and body reality?"
- 2) "Where do I need to improve?"
- 3) "What plans must be in place to improve?"
- 4) "How am I going to go about implementing that plan?"
- 5) You also need to ask yourself, "If it were easy, what would my golf game and fitness level look like?"

The answers to these questions could be plentiful and may include:

§ Improving your swing mechanics

§ Increasing your golf fitness

§ Performing putting drills 3 times a week

Putting Your Game Plan Together

The point to keep in mind is the answers are yours.

The answers will allow you to develop goals for your golf game. The goals are marks that you set to achieve.

The goals can be as simple as going to the driving range 2 times per week or more demanding to the point of lowering your handicap by 5 strokes.

Goals allow focus, create motivation, and lend themselves to improvement in your golf game.

I have found it best to set up a series of goals.

For example, one set of goals are focused towards improvement of your golf swing, a second set is related to improving your fitness levels, and another set on improving your scores.

In addition to setting up a "tier system" of goals, a time line in terms of meeting your goals is of great assistance.

This creates an opportunity for better focus to develop within your mind. In addition, it creates motivation and an uplifting experience once a goal is met.

After asking the hard questions and setting goals it is time to "get the ball rolling." This happens through the development of a plan.

The plan is intended to create a structured approach to improving your golf game. It sets a path to follow in reaching your goals of improvement in your golf game.

Certain thoughts to keep in mind when developing your plan are realistic time commitments, physical abilities, and playing time.

A plan must realistically fit into your life, direct you to your goals, challenge you, and be an enjoyable process.

If the plan you set up requires immense commitments of time, is "not fun", and is not results oriented. The plan will ultimately fail.

Once the plan fails, the goals become unachievable, your golf game suffers, and mentally you become defeated.

It is of the utmost importance your plan is realistic and focused on you achieving your goals.

For example, a plan to improve your golf game could look something like the following example:

Name: Joe Golfer

Goals:

Putting Your Game Plan Together

1. Improve Driving Distance by 20 yards.
2. Become More Flexible.
3. Improve Putting Stroke
4. Loose 10 lbs.
5. Lower Handicap 4 strokes

Weekly Plan:

Monday:

§ Flexibility Exercises

§ Driving Range Practice Session

Tuesday:

§ Aerobic Exercise

§ Putting Drills

Thursday:

§ Flexibility Exercises

§ Driving Range Practice Session

Friday: § Aerobic Exercise

§ Putting Drills

Saturday:

Play Round of Golf

As you can see, the plan creates a structure around Joe Golfer's goals. Over time if he sticks to his plan. He will achieve his goals.

Remember, at the professional level of golf, improvement is a key to success. If you desire to become successful at the game of golf, determine how you can improve your golf game. Ask yourself the "hard questions" and answer them truthfully. Set up a series of goals for your golf game and implement a realistic plan to reach those goals. Stick to your plan and your golf game will improve.

Putting Your Game Plan Together

Sean Cochran

Sean Cochran is one of the most recognized golf fitness instructors in the world today. He travels the

PGA Tour regularly with 2005 PGA & 2004 Masters Champion Phil Mickelson. He has made many of his golf tips, golf instruction and golf swing improvement techniques available to amateur golfers on the website

. To contact Sean, you can email him at

.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!