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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Reasons That Move You Bring Clarity, Focus, Determination and Momentum

By Al Smith

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Are your goals SMART? - Specific, Measurable, Achievable, Rewarding, Time-Deadlined

Just about everyone has heard about the SMART Goal Setting method. But are you really using it. Proper goal setting seems to be a lot of work, and takes considerable time to set up. Many people stop short of completing the necessary detail to maintain their focus long after the novelty has long worn off. Hence, "The New Year's Resolution" syndrome of stopping short of getting what you want, prevails.

Goal Setting is easy and fun to maintain, once you have the fundamental work completed, because you are gathering momentum, and attaining success one step at a time! It is much easier to continue along a chosen path when you know that it is only a matter of time until you have what you want.

Magnify and Intensify your Desire, bring it closer, see it clearly and make it larger, sharpen and maintain your focus. A-h-h-h. There's the rub, How do you maintain focus, and minimize distraction on the road to what you want? When all seems lost, how do you keep getting back up for more? Have Great reasons, and Keep Them in Front of You Always!

Whenever possible, once you decide on what you want, take some action, view the exact model of what you want, and do it as many times as necessary to burn the desire you have for this goal into your subconscious mind. Write down every detail that you love and appreciate about your goal.

Use all of your senses in describing it, eyes for seeing how it looks, nose for smelling how it smells, mouth for tasting exactly how delicious, how it feels to the touch, experience all the different textures, etc., capture every delightful detail in your mind. This will always magnify, and intensify your desire and focus, instead of just looking at pictures alone. However, you will still want pictures too!

Take Pictures of your goals and place them everywhere:

- On and in your day timer
- On your fridge

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On your bathroom mirror
On your bedroom wall, frame a collage of pictures
In work binders
On home office wall
On your desk at work
Make them your wallpaper on your computer
Email pictures to yourself, or have a close friend email them
Put them everywhere you spend time each day.

Make your own audio tape in your own voice, using your posture and physiology of excitement, energy and determination, make it descriptive, from a script taken while looking at what you want – smell, touch, feel, and imagine it. Listen to this tape frequently.

Have someone make a video presentation of you with your goals – detailed, then do theirs! Have fun with this. Watch videos of the rich and famous. Experience everything!

Goals like cars or boats, or winnebagos – to dealerships, get in, take pictures, smell them, feel the upholstery, go for a test drive, sit in them, close your eyes and visualize you in it, feel the emotions rising up, those you hold onto, go see them as often as you need to – get it in focus, and maintain your high levels desire

Dream Homes – get home magazines, real estate papers, architectural magazines, any publications that are relevant to your focus, immerse yourself totally!

Go to open houses, new home models, take pictures when you can, and you will come across something that fires you up.

Go to places like Home Depot, find everything you want, inside and outside, go to the furniture store, pick out the furniture, just like you want – visit these places as often as needed, with everything, take pictures, feel the feelings, as if you already are in possession of it all! Lock in that thought.

Travel Goals – pick up brochures, read magazines and books pertaining to the places you want to go, the things you want to do and see there.

Talk to travel agents that take a lot of trips to those areas that interest you and seek the inside story on the places to take in while you're there.

Make a budget for all you want to do and have during your stay, and imagine you are already there and ready to go!

Make up score cards and update them frequently so you can see your progress towards each goal.

See in your mind's eye how you are making it. Immerse yourself in it! Have it on your mind always. Look for every opportunity to concentrate your power on getting it.

The human brain is the most awesome instrument for creating what it focuses on. Keep what you want front and center, and your subconscious mind will go to work for you and show you the way! And remember that you can only think one thought at a time, so make it a thought that serves you.

There are many ways to get your internal fires burning. Find out what works best for you. This is enough to get you started for now.

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Al Smith writes for and publishes The Realgoalgetter Ezine and The Realgoalgetter Website. His articles deal mostly with goal setting, self improvement, motivation, and overall health and fitness. If you enjoyed this article, there is more information on The Realgoalgetter Website at <http://www.realgoalgetter.com>.

Creating Momentum For Your Home Business

By Ken Leonard Jr

Have you ever experienced momentum in your home business activities? If so, then you have really been working to make things happen for yourself. Great job. If not, you probably don't even know that momentum exists. Everything will seem easier for you when you can get the ball rolling. That means working hard consistently and staying focused as best you can.

If this sounds like work, you're right. I hope you know by now that a *free home business* does not exist. The phrase sounds so ridiculous, but thousands of people still search for that term on the internet daily. There are many people out there that actually believe that you can make a living online without doing anything.

The fact that making a living from home does require effort is actually a good thing. It keeps the wannabees out of the way of the people that are actually making things happen. You'll see that when you put more work into your home business, you will develop a sense of momentum. Before long, the work seems easier and you are more able to focus. The money comes in more steadily then, too. The bottom line is -- You will be getting more done on a regular basis.

Momentum is an important asset to have when working toward any goal. If you won't do what it takes to get your home business up and running, momentum will always be out of reach. That will make achieving your most desired goals that much harder.

Doing what it takes does not mean checking your email ten times a day. It does not mean spending most of your spare time in front of the TV, either. Momentum can only be achieved by continuous effort and total focus on your main goal. If you are committed to having a successful home business, this should be no problem for you.

The best way to maintain steady effort is to never forget the big picture. Remember your ultimate goal every day and let that motivate you. You will soon achieve the momentum you are searching for. That

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momentum will in turn help you reach your ultimate goal.

Once you enjoy momentum with your home business you will kick yourself for not getting with it sooner. Having momentum behind you helps to get through the *downs* of business and helps you ride the wave during the *ups*. Working hard now to get your momentum going later will make your life a lot easier sooner. And that*s the whole idea, right? You bet.

Home Business Success Coaching... Ken Leonard Jr. publishes New Marketer Ezine. You*ll get useful advice EVERY week to help you make a living online from home. If you are really serious, see what others are saying about New Marketer today...

Creating Momentum For Your Home Business

Ten Tips for Creating Positive Momentum

How to develop habit of achievements?

Creating your Vision for your business, career, and Life

Diamond Clarity

101 tips to stay fit and live longer.

Battle At Sea

How Nice Guys, Shy Guys and Good Guys Finish First!

Expand Your Professional Coaching and Consulting Business

How to Buy a Car Without Getting Ripped Off!



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