

STOP! Stop right now!

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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!

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By Peter Simmons

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These days we are all busy and under pressure to squeeze ever more into our working day. Often, we are so busy working and earning a living that we lose sight of our goals. This is especially true when you run your own business. You are so busy actually running your business that you lose sight of the reasons that you started it in the first place and the goals you want to achieve. The problem is that all the time you are not absolutely focused and working towards your goals, you and your business are going in another direction altogether. The wrong direction! How do you get back on track and heading in the right direction?

Okay, admit it, when was the last time you actually scheduled some quality time to identify your goals and a direction for your business? Last week, last month, last year, never? If you are like most busy business people, you probably havent done it for some time at least. Well, today I'm here to tell you to STOP! Yes, STOP RIGHT NOW and take a breather. Renew that vision, that passion, that excitement. Take some time out and put yourself and your business back on track. Its not difficult to do, it just takes a little investment of your time thats all.

Start by getting out of your usual work environment altogether. Go somewhere relaxing like a coffee bar or a park. Now, think about what you and your business do and how you do it. Reassess all aspects of your business and work life. Try to think creatively and of the bigger picture

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rather than your usual point of view. Consider how others fit into the picture. Ask yourself some difficult questions and explore your answers a little. Write your answers and thoughts down as you work through them – it makes it easier to see them clearly.

Here's some questions to consider and get you started in the right area. Add other questions as you feel necessary:

Why did you start your business?
How do you do things now?
How could you do things better?

How do your competitors compare?
What do you offer that is unique?
What direction are you going in?
What direction do you want to go in?
What are your goals?
What steps are you taking to reach those goals?
What opportunities are you missing?
What opportunities do you want?
What position do you want to be in 5, 10, 15, 20 years time?

Spend some time thinking through your answers and reflecting on them. The more you do that the more your business will benefit. Don't forget to keep writing things down for clarity and future reference. Now with those things in mind make some important decisions and identify two things:

1. the precise goals you want to achieve,
2. the time frame you want to achieve them within.

Write them down. Now all you need is a good plan to achieve those goals. Break the goals down into smaller more manageable tasks and schedule them over your specified time frame. Break them down into weekly and daily tasks. Write those daily and weekly tasks into your diary and number them in priority order, number 1 being highest priority. Do the highest priority tasks first each day and tick off each task as you complete it. If you don't complete a task that day put a cross next to it and reschedule it onto another day.

Doing it this way helps you stay focused in the right direction at all times and aware of using your time effectively. Keep focused on your goals and work to your

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plan every single working day, throughout the day. I arrange my whole weeks schedule on Sunday evening, so that i know what i must be doing at all times throughout the week. At the end of the week you can review what you completed and plan the next week accordingly.

You now have a plan that is taking you in the direction you want to go in – towards your goals. The more focused you are the more effective you are. Use this new opportunity and focus to renew your concentration and double your efforts. Every time you complete a task you are another step nearer your goal. What are you waiting for? Get started right now and build the future you've always wanted. You can do it.

Good luck!

Peter Simmons is editor of the DYNAMIQ EZINE. GET MAXIMUM RESULTS FROM YOUR WEBSITE! Increase your traffic, prospect conversions, sales, profits, referrals and more... START GETTING RESULTS RIGHT NOW at <http://www.dynamiq.co.uk/ezine> or email me anytime for immediate assistance <mailto:peter@dynamiq.co.uk>

How Do I Stop Smoking?

By Alex Benyukhis

For many people around the world, the question they ask themselves every day is, "How do I stop smoking?" Unfortunately, many of these people will never actually have the opportunity to quit. They will have one excuse or the next to purchase another pack of cigarettes. The will power to stop smoking is often weak, and buried under a lot of stress and worry. But, there are ways to get yourself off the drugs and into a great situation to improve your health.

We all know that smoking leads to many diseases. This isn't even debatable anymore. But, what is is the method by which we can stop smoking. It is difficult in any case to learn how to stop smoking. It will take nothing short of determination to get it done. But, there are things to help you do it successfully.

You have more than likely heard of patches and pills that can help you to stop smoking slowly. In these methods, they provide the nicotine that you body craves through a safer means. Slowly, you will step down from needing two packs a day to needing only one to needing none. The gradual movement helps you to stop having to fight the temptation for more and more. It helps to keep you on the right track as well.

Another method to stop smoking is to go cold turkey. But, you will need to replace that need for nicotine with something else. In many studies, it has been found that people who stop smoking and begin exercise have a better chance of remaining smoke free. While this may not seem like something

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you can do, it has worked for many others. It does take a lot of dedication and determination.

Yet another way to stop smoking is often one of the most terrifying. Being faced with the consequences of what smoking can do to you may actually help you to stop. For example, those who smoke are filling their lungs with tar. You know, that stuff they put on the roads? Yes, that is what is going into your body. Take a trip to the health museum to see what it's like. Or, if you are already too late, you may be faced with cancer already. Is this enough to get you to stop?

Unfortunately, it won't be for many. If you want to stop smoking, you simply need to make the decision to do so and work hard at making that happen. You need to realize that your family and friends will suffer much more when you are not around to enjoy life with them because smoking has cut that short.

Find more information and tips about stop smoking by visiting



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