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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!

Spring is Sprung

By Wendy Hearn

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Spring is here! It's traditionally a time for spring cleaning, getting rid of the old and making way for the new. "What's that got to do with my business?" you may be wondering? Well, actually rather a lot. Now is a great time for you to spring clean your life and your business. A time for cleaning out and reviewing parts of your life and business you're ready to commit to improving.

It's an opportunity to examine your goals and clear out the ones you don't want any longer. This may involve spring cleaning your desk and getting rid of piles of clutter. When we're surrounded by clutter, our mind gets bogged down which prevents us from thinking clearly and being focused. Perhaps it's time to dust away the cobwebs on your sales and marketing plans, and throw away the rubbish, i.e. the stuff that no longer forms a useful part of your plans. It may involve spring cleaning your personal life by polishing up relationships, clearing out old habits and attitudes which no longer benefit you. Or stripping back your finances to get them in good shape for the future. Why not take a vacuum to your health and exercise plans and clean out the bits you don't want?

This clear-out can involve taking huge steps or even very small ones. Even these small things which need dealing with drain our energy and it's surprising how much this happens. If left undone, the little tasks, like the filing cabinet drawer which jams, the unmade bed, the pile of papers on your desk, all niggle away at you and sap your energy. When these

are sorted out, there is more time for other things in your life and business. Cleaning out leaves space and this space is then available for new opportunities. Opportunity for more energy, more business, more sales and more of the things you want for yourself. Now I'm not suggesting that making your bed each day will increase your business ten fold. However, the fact that it's not niggling away at the back of your mind and your attitude is now one of completing tasks, you'll more naturally finish things in your business. You'll be more able to follow through and complete, even if it's just concentrating on making the telephone calls your business requires.

If you're ready to enjoy more success, natural energy and confidence, then I encourage you to look at the areas of your life and business which need some spring cleaning. Perhaps this includes your sales, marketing, referrals, finances, management and leadership skills. Or perhaps you tend to procrastinate, to run out of time or feel stressed.

I suggest you make a commitment to start spring cleaning today. Choose the areas you want to clean up and devise a plan of action. Start by asking yourself some questions. Ideally, what do I want this area of my life to be like? What do I need to get rid of? What do I want to put in its place? What is getting in the way of this? Where am I now in this particular area? Look at the difference between where you are now, what you want to clear out and ideally where you want to be. Now break this down into smaller steps. Steps which feel achievable for you and will take you forward. Take the first step forward today. A coach can assist you fully with this process until completion. A radical spring clean puts the zest back into your life and gives you the freedom to reach for the top.

Wendy works with business owners, professionals, executives and managers who are ready to enrich their lives. . . finding more success, fun, balance, joy and time. Free Report – How to Focus on Achieving What You Really Want Send email to <mailto:AchieveArt@wendyhearn.par32.com> <http://www.Business-Personal-Coaching.com>

THE WATERMELON SEED

By Irvin L. Rozier

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Today I planted a watermelon seed
Planted it in hope that it would feed
Three or four little children dear to me
The ground was prepared by the apple tree
Of grass and weeds the soil was bare
The tiny seed was planted with care
With a prayer to the LORD up on high
That He would cause the seed to grow, by and by
Next to the watermelon, I planted some sunflowers
Then I waited on the LORD to send some showers
I watched the seeds spring forth and grow
One day after the rain, I spied a rainbow
It spread so mightily across the sky
This beauty was from God who reigns on high
After many days the watermelon grew with might
The sunflowers bursted with colors, O what a sight
Finally the day came when I picked the melon
This juicy fruit I would not be selling
I called my grandsons, my great nephews and nieces
Cut up the watermelon and gave them the pieces
My heart rejoiced to see the juice run down their faces
With a President or King I wouldn't trade places
To see this gift from our loving God
A juicy treat sprung forth from the sod.

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author, preacher, retired military

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