

Start focusing on what you really want now.

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**Start focusing on what you really want now.**

**By Darryn Aldridge**

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What has happened to that fun, interesting and exciting life we promised ourselves, and should now be living?

We live in a world that is brimming with fantastic opportunities, yet why do we as individuals regularly fail to make the most of these plentiful gifts that are available to all of us to enjoy and prosper from?

We start at an early age, innocently dreaming of the things we desire, the fun we want to have, the dream job, the travel to exotic locations..the list goes on.

What happens as we get older though, is that collectively, we start accepting negative beliefs about our dreams and our abilities to obtain them.

We begin to believe that those dreams and desires we once held dear to us, are infact impossible dreams that are only available to others who are luckier than us.

We now have this massive empty hole in our lives that we start to fill with emotions, such as dread, envy, helplessness and self pity.

Where we were once happy and excited about life, we now started to feel depressed and unmotivated. We develop an uncomfortable nagging feeling that "something is missing in our lives" or that "life should be better than this". We start to accept our current position in life as

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"about as good as I can expect" , we roll over and let life pass us by. We put our lives on auto-pilot and let whatever happens just happen.

What we have now created is a situation where our main focus has turned to what we "don't have" and "what we don't want". By foccusing all our attention on these negative thoughts, we have lost sight of the fact that there really is no one but ourselves standing in the way of creating the perfect world for us.

Focus enough on what you don't want and that is exactly

what you will get. That is a fact.

So where to from here?

Luckily, the transformation from "don't have" to "I have" isn't a huge leap, though it will be truely life changing. We need to remember that as humans we have this amazing ability to decide what is good or what is bad. We control what we focus on, we just have to sit up, take notice, and throw away the old negative views that were once bring us down and preventing us from living life the way it should be lived.

Here are some easy steps to help you get started.

1) Don't View The World As A Bad Place.

We are bombarded daily with news of wars, terrorist threats, murders and unspeakable crimes. By focussing on all the negative events that are going on around us, we lose sight of all the great things that are happening, but not getting into the news.

Any news, good or bad is only so depending on how YOU interpret it. We can't, and shouldn't, ignore the bad things, but we must learn to put them into perspective and decide how we will focus on them.

2)Start Dreaming Again.

Grab yourself a pen and paper, find yourself a quiet corner and let your mind go wild. Really think about what you want to have and do, but do not worry yourself about how you are going to get them. Write them all down as soon as they flash into your mind and keep going until you feel you are

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done. When you have finished, put them in order of importance to you, and really start to feel them taking shape. Imagine each and every one of these as being real, feel how it would feel to have them happen and feel how great that feeling is. Look at your list regularly and always imagine how great you will feel when you have accomplished the goal.

### 3) Look For The Good Side.

No matter what the situation, train yourself to look at a good side of where you are now.

For instance, what if you are really unhappy with your current job? Stop focussing on the fact that you hate your job, instead take positives from what you are getting out of it at the moment. For example, you are receiving money, you probably learnt a skill that you can use later in another job, you are meeting people and possibly developing

friendships and so much more. Now if you really do hate your job, then you need to look for something that you will enjoy, but at the same time be content knowing that it is short term and that you are getting something from your current position. Use this time to learn as much as you can so you can take these experiences on with you to the next job.

### 4) Action Your Dreams.

This is one of the hardest, yet one of the most rewarding tasks. Your dream will forever be a dream unless you take some form of action to make it a reality. You need to focus your thoughts on why you want this to happen and then use all that positive energy to push past any fears you may have. Know deep down inside that it will happen, really believe it, and guess what.. you will start to find ways to achieve it. Remember, don't focus on what you DON'T want (eg I don't want this job I'm in) but focus on what you do want and GET EXCITED ABOUT IT. The more excited you become, the better the chances are that you will succeed.

### 5) Ignore Negative Advice.

Loved ones, friends and acquaintances will often unintentionally offer advice and comments that are less than useful to your cause. The trick is to listen to the advice offered, decide if it serves any purpose to your cause, and if not, discard it without dwelling on it. If

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you let negative thoughts occupy your mind for too long they start to alter your perception on how you see things, and may steer you from your original course.

Your mind is the driving force behind everything you do. Ultimately you have the final say on how you perceive and react to circumstances and challenges. Being aware of your thoughts and emotions will help you to move away from negative thinking and remind you to look at these issues from a different point of view. Your negative thoughts are just a habit that you have picked up from a lifetime of being surrounded by negativity.

You have the option to change this habit at any moment.

Use that power now and take back control of your life.

Darryn Aldridge is the co-author of a step-by-step, "tell it and show it how it is" guide to permanently losing weight and keeping it off forever! Visit his web site at <http://www.diet-ebook.com> and sign up for a free weekly newsletter, filled with helpful tips and useful information.

## **Shopping Tips (2)**

**By Rick Tangri**

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Shopping Tips:

1. Avoid buying tapes from record clubs. The editions the club puts out are inferior in quality and durability. To avoid them buy only from reputable record and tape dealers.
2. Self-Focusing cameras cost less than 20% on average of manually focus cameras. If you don't have an interest in developing photography skills a self-focusing camera should be a good buy.

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Rick Tangri is the author of "Cyber E Newsletter". He has helped thousands of individuals save money on shopping. Visit his site to at <http://cyberreminder.com/mailstuf.htm>

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