

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**THE RECIPE FOR SUCCESS -- IN WORK AND IN LIFE**

**By Craig Lock**

**THE RECIPE FOR SUCCESS -- IN WORK AND IN LIFE by Craig Lock**

\* Self-imposed limitations impose a ceiling above you, so look to extend yourself to your full potential. The human mind is an amazing thing which can be expanded. Like a telescope!

\* Use your imagination.

\* Self discipline is an acquired habit. Teach your children this habit (and other good habits ... but not point one!) when they are young.

\* Establish other good habits. Start your day early. Use your most productive time and especially, your first hour wisely – when you are most alert (if ever?).

\* **BE ENTHUSIASTIC and AVOID DISTRACTIONS.**

I think enthusiasm is a vital key to success. You have to enjoy what you are doing and not merely "go through the motions".

We all have choices in the way in which we are going to live our lives. We can also choose the attitudes we are going to take: whether we are going to hold a positive or a negative outlook on life. Far more on this intriguing and complex subject later; but it is critical to whether you achieve success or not.

So make **DAILY AFFIRMATIONS** or short positive statements to yourself, eg. say, "I am on the right track", or "I can do it". These positive thoughts encourage you, especially if they are repeated frequently. The effects of daily affirmations are that they imprint upon our deeper consciousness, which reflects in the way we function. They make you feel better about yourself and in so doing enhance your confidence.

## THE RECIPE FOR SUCCESS -- IN WORK AND IN LIFE

"A pessimist is one who sees a difficulty in every opportunity.  
An optimist is one who sees an opportunity in every difficulty..."  
– anon.

It is best to have a positive self expectancy by looking at "the bright side of life". Mexican wisecracking golfer, Lee Trevino is one of the world's greatest optimists. He visualizes each shot having the best possible outcome – dropping in the hole; whereas the weekend "hackers" in all spheres of life often think what can go wrong with each shot. And it often does!

It doesn't happen every time that Lee gets the ball in the hole, but it happens a lot more than most others. Time for a book on sports psychology, perhaps!

Many successful sportsmen and even ordinary happy people EXPECT success and happiness. And they get it ....

It's all in ONE'S ATTITUDE TO LIFE.

Always bear in mind ... "the greatest pleasure in life is doing what people say you cannot do."

– Walter Bagehot

"Do not let what you cannot do interfere with what you can do."  
– John Wooten

Whatever you do, be enthusiastic and avoid distractions. Focus totally on your task at hand. American President Franklin Roosevelt said ... "the only thing we have to fear is fear itself".

Are your fears holding you back? Don't be afraid to make mistakes. Take the blame and the credit for your position in life honestly and openly. You alone are responsible for it.

Break your routines:

Remember,  
"If you always do what you've always done,  
you will always get what you've always got". Make sense?

Spend 30 minutes alone each day to meditate. Contemplate your life and where you're heading.

Seek and talk to a person who currently is doing what you want to do most and doing it well. It doesn't matter how humble or famous they are or what it is they do: acting, singing, or merely being a good parent ... or just a hard "plodder". Get advice from the "experts". When we talk of success we usually think of winning: the topic of the next section. Not that we all can be winners in every aspect of our lives.

Craig Lock <http://www.craiglock.com> The "original" Online Creative Writing Course <http://www.nzenterprise.com/writer/creative.html>

## **Making Your Own Fortune Online!**

**By A.T.Rendon**

### **Making Your Own Fortune Online! by A.T.Rendon**

Everyone dreams of living a better life.

For some that comes in making more money. Others want to have more quality time with their family. Still others would like to have the time and money to do the things they love, like traveling and vacationing or nice clothes and a car.

The definition for a personal fortune will vary from individual to individual depending on what you want to achieve.

Whatever your personal dream might be, the only way to achieve it is to be your own boss at least part of the time.

Because when you are your own boss, you are in business for yourself. That means that you will need to make, offer and own your own product or service.

That is the KEY ingredient to the recipe for success.

You **MUST** make, offer and own your very own unique service or product if you are to achieve any measure of success at making your personal fortune.

How do you know what to do?

This is the million-dollar question. Or in some cases, like that of Bill Gates, it could be the billion-dollar question.

## THE RECIPE FOR SUCCESS -- IN WORK AND IN LIFE

The answer is simple.

True success for anyone lies in doing that which you most love to do.

Bill Gates was a geek, and still is, who loved to program and he came up with a software program that changed the way we live.

What is your one true love in life?

Do you love to cook or create recipes? Do you like to program software? Is your love for antiques, coins,

baseball cards, gardening, pets or kids?

There is an old saying that we are all good at something.

More often than not, we cannot see what it is that we are good at because the answer to this perplexing question is usually right in front of our very nose.

And once we finally realize what it is, we are surprised to find that it was always what we love to do most in life.

What brings you the most joy and happiness in your own personal life?

Only you can answer that question. And, once you do, you will find the foundation on which to build your business so that you can begin to start making your own fortune online or even offline.

That is an essential KEY element to the recipe for success.

Detailing the ingredients of this recipe is our goal in a FREE 3-month course that will bring you details of how it can be achieved via a weekly Friday article.

You may subscribe to this FREE email course at:  
<mailto:recipe@emailexchange.org>

A.T.Rendon is an entrepreneur and published writer. Subscribe to FREE Business Classifieds Newsletter & receive FREE online access to our PasswordProtected "FREE Submit To Over 2.7 MILLION FREE Ad Sites!" [mailto:subscribe\\_fbcn9@emailexchange.org](mailto:subscribe_fbcn9@emailexchange.org) Visit us at:  
<http://emailexchange.org/?Articles>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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