

This Free E-Book is brought to you by Natural-Aging.com.

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

Ten Ways to Evolve, Part 2

By Rinatta Paries

Ten Ways to Evolve, Part 2 by Rinatta Paries

Over the past decade, I've worked with thousands of individuals seeking ways to improve their ability to attract their ideal mate. As a result, I've created a list of ten most commonly prescribed personal development steps I recommend for those wanting to attract and create their ideal relationship. Last week I shared the first half of the list. Today, we will round out the list with the last five personal development steps.

Fortunately or unfortunately, the second half of this list is much more difficult to accomplish than the first. Because of this challenge, you may be tempted to dismiss these steps as impossible, or even irrelevant. I urge you not to. In taking these steps is the answer to the one question I get from every single person I interact with: "How do I attract the kind of partner I am looking for?"

To review, below are the first five steps. For details on these steps, please read last week's newsletter at http://www.whatittakes.com/Archive/Newsletter40to49/newsletter__46.shtml

1. Get complete with your past to break relationship patterns.
2. Ask for what you want in any relationship.
3. The more you want a relationship, have a laundry list, a timetable for when it should occur, the less likely you are to have it.
4. Don't try to change yourself to "fit" into a relationship.
5. Assess communication in your relationships.

Here is the second half of my top ten most popular relationship recommendations:

6. One key to recognizing when you've made a poor choice in a partner is when the other person seems to adore you from the start.

If a new relationship revolves around you, you need to know this is more about the other person's need to be connected to "someone" than it is about connecting with you personally.

Ten Ways to Evolve, Part 2

A relationship such as this will cool off within a short period of time. You will be left feeling the urge to chase the person to continue to get the same amount of attention.

Take it very slow in the beginning of any relationship, even if your new partner is pushing to speed it up. Only relationships built slowly withstand the test of time.

7. Choose how to create a relationship.

Relationship choices are based on our parents' or care-givers' relationships or lack thereof. If their relationship did not work well, we are stuck with their painful relationship patterns. The only way out is to clearly understand how their relationships influenced our relationship choices and behaviors. We need to consciously choose what works for us and what doesn't.

Look at your parents' or care-givers' relationships to see how they parallel your relationship history. Then make a conscious choice about how you want to create your relationships, which beliefs and behaviors you want to leave behind and which you want to keep.

You may need help doing this, as seeing one's own behavior can be pretty difficult. As a relationship coach, I can help you with this. For more on my services, see <http://www.whatittakes.com/Coaching/coachingservices.html>.

8. It does not matter how many or few available partners there are in your area.

You don't need to attract many partners; just one — the right one. Whether or not you are able to attract a partner depends on how well you have dealt with your beliefs about relationships.

If you want to attract your ideal partner, look inside yourself and find out what you honestly believe about relationships and the opposite sex.

Again, this may be difficult to do alone, and I am here to help as your relationship coach.

9. You must clearly know what you want in a relationship in order to create it.

First, discover what kind of interaction you want to have with an intimate partner. What is most important to you?

Then ask yourself what kind of a person would be suited to naturally engage in that kind of interaction. What kind of personality and lifestyle would a person need to have in order to naturally fit into your life?

By answering these questions you can arrive at a clear description of your ideal partner, which makes it easier to attract him or her.

This is yet another area in which having a relationship coach can be very useful. I can help you find clarity in whom you want to attract and where such a person may spend his or her time.

10. Here is a simple recipe for attracting your ideal partner:

- * Get complete with your past (see Step #1)
- * Create a list of your ideal partner qualities (see Step #9)
- * Ask yourself if you feel any other internal blocks preventing you from having a relationship. Clear them out of the way, by yourself or by getting help from me.

Use these personal development steps to attract your ideal relationship. These are the only steps you need to take, and the only steps that consistently work for creating relationships – or anything else you may want.

Your Relationship Coach,
Rinatta Paries
www.WhatItTakes.com

(c) Rinatta Paries, 1998–2002. Do you know how to attract your ideal mate? Do you know how to build a fulfilling relationship, or how to reinvent yours to meet your needs? Relationship Coach Rinatta

Paries can teach you the skills and techniques to attract and sustain long-term, healthy partnerships. Visit www.WhatItTakes.com where you'll find quizzes, classes, advice and a free weekly ezine. Become a "true love magnet(tm)!"

Having coined the phrase "relationship coach," Master Certified Coach Rinatta Paries works with singles to help them attract their ideal relationship, and helps couples create more love and fulfillment in their existing relationships. Visit her web site at www.WhatItTakes.com or e-mail her at coach@WhatItTakes.com.

Marketing Your Online Business With A Solid Plan

By Vincent Romei

Marketing Your Online Business With A Solid Plan by Vincent Romei

Listen up!

I am going to let you in on the most important "secret" to finding online success with your own business.

If you want to build a strong, long lasting and profitable online business you need to start with a solid marketing plan. Don't be confused with a business plan. This is a plan you need to successfully market and promote your products or websites. An integral part of any business, your plan must be a detailed and precise road map you must follow, without fail, until all

your goals are accomplished.

Every successful entrepreneur knows that without some sort of marketing plan to help guide them, they simply will not be able to steadily build their business. Your main goal is to grow, and keep growing.

Of course, there are some basic rules you should follow, but basically your plan is yours. Designing a good structured plan sounds very complex and daunting, it's really very easy if you decide to have fun with it.

When putting your plan to paper, break it down into little tasks and you'll come up with a surefire winner!

Goals.

This is the very first part of any plan and shouldn't be taken lightly. Setting a goal to work for is the hardest part of the whole process. If not done right you will run out of drive and motivation necessary to succeed.

Write down complete thoughts and descriptions of your goals. Not 'to make money'. That doesn't work.

Keep your goals in a prominent place within your site and always be reaching for them.

Priorities.

improve your life and find your happiness. Only 9.95Seven ways to improve your life and find your happiness.

Next, you need to set priorities for your business. Which tasks are the most important and should take precedence.

Research.

Now we get into the meat and potatoes of your plan. This is also the most time consuming, but pretty easy. You need to search out the best methods, tools and places (search engines, classifieds, ezines, etc..) to promote your site effectively. Remember, this is your plan. What works for someone else might not work for you.

This is also a part of your plan that is constantly changing and

must be updated frequently. You are always looking for new places and refining your advertising material to get the best response.

Originality.

This is the fun part! Besides having fun with your goals, this is the part that sets you apart from other businesses and stakes your claim to Internet Success.

You have a personality. Inject that personality in your marketing materials. Following someone else's direction will only help you for a very short time. After you learn more, take control of your own business and try new methods all the time. Test which ones work and which ones don't. Then move onto the next step.

Action.

You must put your plan into action each and every day. This is where you take your own fate into your hands. It's all up to you now. If you use an active approach to marketing your website everyday, the recognition and traffic will start to build and increase from day to day.

Evolve.

Ok, now that you have a plan and are working that plan everyday, you're still not done. Actually, you're never quite done.

Once you've reached your goals.....make new ones.

Once you've found promotional methods that work....find more.

Once you've fine tuned your advertising materials.....keep making them better.

If new methods and tools are available.....include them in your daily routine.

Change....update.....evolve.

Follow these simple rules to putting together a great marketing plan and you'll be celebrating your successful business in no time!



This Free E-Book has been brought to you by Natural-Aging.com.

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