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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!

The 2 Ultimate Extra Steps to the "5 Steps to Creating Results in Your Life"

By Herve da Costa

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"5 Steps to Creating Results in Your Life"

, congratulate yourself on your desire to learn

and your commitment to achieving results in your life.

courage. What areas in your life need truth? Tell yourself the truth about it and write it down.

Step #2: Create and write down your personal plan

Step #3: Maintain a daily "To Do" list

Step #4: Develop a self-evaluation system

Step #5: Stay energized and focused

Why are results showing up slowly?

You may be feeling frustrated about things not happening fast enough.

You may even become unsure about your plans. This is when discouragement can kick in.

Do not believe anything I say here, simply try it and see what it creates for you.

Step #6: Give of yourself

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Here are some examples of giving:

For each of these examples, expect nothing in return.

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A Goal Without A Schedule is Just a Dream

By Barrett Niehus

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yourself to work.



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