

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!

The Amazing Power of Small Steps

By Kathy Gates

The Amazing Power of Small Steps by Kathy Gates

It's the small things in life that can drive you loco on any given day, isn't it? (yes, I see heads nodding!). Like the batteries dying in your garage door opener in the middle of the mother of all rainstorms. Or the birdfeeder that makes a mess on the back patio. Or the leaky bathroom faucet.

But it's also the small things in life that seem to make it all worthwhile. A hug from a child, making a new friend, a beautiful sunset, getting something on sale, hearing from a far away loved one.

It's a normal tendency to think that life is made or broken by the BIG things in life. It's easy to sit around and complain about how life sucks, and wait for the knight (or princess) to show up, or the magic pill, or the lottery win that will make life better.

But the truth is (drum roll, please) -- life is made up of very small steps.

Think of all the small steps in your own daily life. Like how many individual steps it takes just to get dressed in the morning (turn off alarm, get up, turn on lights, turn on shower, etc). Or the many small steps to prepare dinner. You get the idea -- seconds turn into minutes, into hours, into days, into a lifetime.

Still not convinced the small things contribute to BIG RESULTS? Ok, what if you decided to read just 30

The Amazing Power of Small Steps

minutes each day? At the end of 365 days you have read 182.75 hours. That's 7-1/2 full days nonstop 24 hours a day!

The same is true of anything. Save just \$1 a day and you'll have \$365 at the end of the year. Christmas money! Clean out one drawer each day, and at the end of the week you'll have Spring-cleaned the kitchen. Throw out or box up just ONE THING you no longer use each day; at the end of the month, you'll have a nice donation. Eat just 200 calories less each day, and at the end of the year, you will have eaten 73,000 less calories, an equivalent of 146 pounds!

Write one page of your life story, and at the end of the year you'll have a novel!

Clean out one closet, pay off one credit card, set up one system, return one thing borrowed — it all adds up.

The idea is to think about your life in individual small steps instead of "outcomes". Begin to look at what you are doing only TODAY. Begin to imagine your life like a daily planner, and you can't see the next page. . Does that mean not to plan for tomorrow? Absolutely not. In fact, just the opposite.

What it means is that what you do today, the small things, each choice or non-choice, will add up to your tomorrow. A well lived present will equal a wonderful future. All those small steps are moving you towards tomorrow, but with your eye right on the road in front of you.

Paint a little, write a little, sing a little, laugh a little, save a little, clean a little. Whatever you want more of — or less of — in your life, do a LITTLE today!

Kathy Gates, Professional Life Coach, believes that "LifeRewards Action!" It's what you do TODAY that will shape your tomorrow. She helps people set priorities and goals, take actions, make changes, and reshape their lives. Get more information at www.reallifecoach.com, or call 480.998.5843

Power at your Fingertips

By Nicholas Dixon

The Amazing Power of Small Steps

It is just amazing. Power right at your fingertips. It feels good to have access to such a powerful thing.

In one click you can make thousands feel the power you possess in hand. What am I talking about ? You guess it. The power of Internet Marketing.

Since the first day I started, I was astounded at the potential power at my fingertips. The Internet has provided us with a means of communication unparelled. What you do with that power is essential to your success.

Many will use such power to obtain wealth and fame by unscrupulous means. They are the ones who will fade away faster than spit on a Arizona road.

The thrivers are those who have a vision other than just making money. They make people lives better. You have to give to receive. It is one of Nature's laws. I learned that the hard way.

Our dreams and aspirations can all be achieve. But before that comes we all need to work on our attitudes and mindset.

Ask any of the 'gurus' and they will tell you it is essential for success. And remember the Golden Rule : Give to Receive. You will not regret it.

You have amazing power at your disposal. What you use it to do depends on you. Question yourself seriously. Only you would know.

To your success and mine.....,

Nicholas

© Nicholas Dixon

Nicholas Dixon is the CEO/Webmaster of Oceanroc Web Consulting. Visit our award winning website and subscribe to The Roc newsletter.

Anyone may republish this article electronically (in ebooks, ezines, websites, online article directories etc.) or in print as long as the resource box is included.

Power at your Fingertips

Here You're Going To Learn Several Ways To Save Money Every Month By Lowering Your Monthly Bills.

Don't Stop Short of The Final Hurdle

8 Step Basic Goal Achievement Theory

The Great Underutilized Computer

Making money at online auctions

Disaster Preparedness and Crime Protection Manual
Instant Unzip Software
Character Counter Software
Traffic Explosion



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!