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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 First Step to Real Success

By Wendy Hearn

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Do you want to have success? Do you want to feel a successful person? Success is what many people are striving for. Success is deemed to be the ultimate goal to strive towards. That's fine to a degree, because we all need to head towards something worthwhile. However, one of the problems I've noticed is that, although many people say they want success, they can't define it clearly. Their definition of success is vague.

People tend to measure success in material possessions or monetary terms. Typically by statements like, "When I'm a millionaire I'll feel successful" or "When I have a top of the range luxury car I'll know I've reached success." Success is often put on a pedestal, at a distance. All too often, before these goals are reached, they're extended. It's almost as if the closer they get to success, the further away they move the goal posts.

When we define success, we often compare ourselves to others. It's too easy to look at another person's perceived success and think if we had that as well, we would be successful. We strive for the possessions others have in order to experience success. If we don't get them, we feel a failure. Or we get these material possessions and then discover that having them isn't all it's cracked up to be, so we still don't necessarily feel successful. When you compare yourself to others you're likely to be left feeling a failure. When your idea of success comes down to money or material possessions, you often wake up and realise there's something

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missing in your life. Success is about much more than that.

I'm not suggesting you forget the monetary aspect of success, because this is certainly a part of it. But it is only a part. True success encompasses all areas of your life and when you measure all of them, your success will be more balanced. The different areas of your life to consider are:

Physical environment

Health

Friends/Family

Work

Partner/Relationship

Fun/Recreation

Personal Development

Finances.

The measurement of your success goes beyond work and business. When we get too tied up in measuring our success through what we do for a living, we can come crashing down if we're made redundant or the business ceases.

Success is often talked about. It's one of those things that many people are striving for, but fear at the same time. We talk about people and label them as successful. Yet success as a word is often without any real meaning for most people. Success is held up as something to aim for.

If you're chasing other people's versions of success, you're not likely to experience it yourself. You will only feel and be successful when you do it your own way. The first step towards real success is to define success for yourself. The dictionary defines 'success' as the achievement of something desired, planned or attempted. Your definition will differ from other people's. Success isn't an end result or a goal; it's a process and a journey to be enjoyed.

"There is only one success: to be able to spend your life in your own way" – Christopher Morley

Success needs to be exciting and fill you with enthusiasm, not put you under undue pressure. Let your definition of success give you plenty of opportunities to celebrate. Your measure of success should challenge you, to really bring our

your best rather than allow you to become complacent.

How will you know when you're successful? What is your own definition of success?

Wendy works with business owners, professionals, executives and managers who are ready to enrich their lives. . . finding more success, fun, balance, joy and time. Free Report – How to Focus on Achieving What You Really Want Send email to <mailto:wendy-15269@autocontactor.com> <http://www.Business-Personal-Coaching.com>

An Easy Wealth Exercise: Ten Steps To Wealth

By Silvia Hartmann

Welcome to this simple, fun and easy exercise to improve your wealth consciousness, focus your mind and get behind yourself so that you can achieve wealth for real, and easily.

The following exercise is just one of 365 different daily "wealth gym" mini-workouts that you can do right there and then, in front of your computer, without even having to get up, and which doesn't take any more than 60 seconds to complete, from our "60 Second Wealth Creator Series".

This is a basic visualisation exercise which is very neat to do for real when you come down a flight of steps.

For now, imagine you're standing at the top of a flight of steps and for each step, we'll make a wealth affirmation.

10. I am ready for wealth!

Take a deep breath and step down to the next step.

9. Wealth is my birthright.

Take a deep breath and step down to the next step.

8. I achieve wealth easily.

Take a deep breath and step down to the next step.

7. Wealth comes to me readily.

Take a deep breath and step down to the next step.

6. I invite wealth to come into all I do.

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Take a deep breath and step down to the next step.

5. Wealth is my partner and my friend.

Take a deep breath and step down to the next step.

4. Wealth is joyous and delightful.

Take a deep breath and step down to the next step.

3. Wealth enters into all and every aspect of my life.

Take a deep breath and step down to the next step.

2. I am on my way to wealth ...

Now take a deep breath and JUMP off the last step and onto the next level:

1. I AM WEALTHY!

Clap your hands and give yourself a round of applause!

If you enjoyed this exercise, by all means come along and sign up for the full course - it is entirely FREE and not only that, we have some fascinating bonuses too.

Think wealthy, FEEL wealthy and BECOME WEALTHY!

Silvia Hartmann

Silvia Hartmann is the author of MindMillion. To take part in the "60 Second Wealth Boosters" programme for free, go to



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