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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 Power Of A Reward**

**By Martin Stoleman**

Whether you are a teacher, parent or business owner, you probably know that people require

consistent motivation in order to keep moving, growing, and being productive. Your four year old daughter and your thirty year old employee need reasons to do the things you're asking of them. There are many ways to motivate people, but perhaps one of the best ways of motivating people of all ages is to give an award.

An award can be given for a variety of reasons. I know no one that doesn't love to be recognized for the things they have done. Whether a child has successfully begun to potty train or your personal assistant has showed improvement in her typing skills, consider what giving an award could do to the people in your life. People will naturally be more motivated to live and work well when they feel appreciated and valued, and receiving an award will help them to feel these very things.

Think back over the years of your life. Do you remember receiving an award at any time? It could have been for your participation in a sport or a club, or it may have been for a victory in a spelling bee or another kind of competition. I'll bet that regardless of what you received the award for you can remember it. I'll bet you remember the way you felt after you received the award and the way you felt when people praised your accomplishments. Your award probably inspired you to continue to work hard at developing your skills and talents. Receiving an award also probably made you feel very special and valuable to people that you didn't know valued you before. Receiving an award has this unique ability to strengthen relationships and bring us closer to people.

Now consider the people in your life that you have any kind of responsibility toward or authority over, or better yet, consider anyone in your life who would appreciate receiving the blessing of an award. Almost anyone in your life would be glad to be noticed and appreciated for the good things they are doing. Get out a piece of paper and start making a list of all the people in your life that could use an award. Begin to brainstorm what kind of award would be appropriate for each person on your list. In some ways, it matters not so much what kind of award a person receives, it matters only that they feel loved by another person.

## The Power Of A Reward

Be inspired to give an award someone special each day until you have given an award to everyone on your list. Your relationships and friendships will be strengthened in no time because everyone loves an award.

When he is not writing, Martin Stoleman loves giving awards to the special people in his life. Learn more at

<http://www.awardgroup.info>

### **How to Stay On Track All the Way to Success**

**By Kevin Bidwell**

I am about to give you one of the most important keys to success in any area of life. It will keep your motivation high and help you to stay on target.

Reward yourself.

Reward yourself for achieving your goals, every step of the way. When you take a step forward, reward yourself. When you hit a milestone, give yourself a bigger reward.

When you complete the final step, have a huge personal party!

Let me break this down for you so you can apply this in your own life:

Each year I set a number of goals which are meaningful to me. I would recommend everyone do the same.

Some goals are a reward in themselves. For instance, taking your wife to Hawaii for our anniversary is a goal AND a reward.

Some goals are good and meaningful, just not much fun—like losing 50 pounds. Huge goal, important, but not much fun (at least, not until you get there.)

For goals which are not in themselves rewarding, give yourself rewards each step of the way, in proportion to the effort needed to accomplish that piece of the goal.

First, take the annual goal—lose 50 pounds—and decide on a reward for accomplishing it: A trip to the mountains for the weekend.

Next take the annual goal and decide what you can accomplish this quarter and set up a reward for that as well: When you lose 13 pounds this quarter and you will reward yourself with two new outfits.

Then take the quarterly goal and break it down into what you will accomplish THIS month, creating a reward for that: When you lose 5 pounds this month, you will get a subscription to that magazine you

want.

Finally, each week set a goal for that week and give yourself a reward for that as well: When you lose 2 pounds this week, you will reward yourself with a "movie night."

Then keep pictures of the rewards in front of you all the time—on your computer wallpaper, around the house, in your car. Focus on the immediate reward: Losing 2 pounds and getting a movie night.

This method helps me and thousands of others to stay motivated and focused toward succeeding with

our goals.

If you would like more information on how you can be more successful in every area of life, put to work this free download:

<http://www.All-In-One-Business.com/getdirection>

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How to Stay On Track All the Way to Success

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