

Today Could Be Your Last -- Act Like It !!

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Menopause, Andropause And Other Hormone Imbalances
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By Miami Phillips

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One thing is absolutely for sure in this life. You are not going to make it out alive! If we say we will make it 75 years as an average (a guess on my part), then you can count how many springs you have left. For me, this spring means I have 28 more springs to enjoy! How about you?

Sometimes we can get so caught up in working and worrying about tomorrow that we forget to enjoy today. I mean enjoy today like there will be no tomorrow!

In the real world, all we can do about tomorrow is to set some intentions of where you might like to be, consciously make every choice you can based on your values, and leave the rest of it up to the Universe and God. We, as a people, tend to try and control the future; but this is joke! If you really consider how little control you have, you would spend much less time worrying and more time staying here, in the present moment.

Every minute given to us is a gift to be treasured and savored. Don't risk being in the position one day of looking back on your life and wishing you could live certain moments over again, wish you had done more, been bolder, spent more time with loved ones, traveled, adventured, LIVED!!

No matter where you are in your life, I would ask this of you:

Accept the present as the gift that it is!! Make the most of it...NOW !!

Miami Phillips is an ANSIR Certified Personal Coach who believes personal growth is an essential ingredient to being happy and contributing to this world.

A Quick Checklist for Improving Your Life

By Gene Simmons

1. Learn About You

If you don't know who you are and why you think and act the way you do, it's gonna be really difficult to make any positive changes in your life. Take a look first at your parents and close family members. Think about how they look and how they deal with life. This is the basis for who you are today. You've been instilled with the tendency to think as they think and act as they act. It's just the way it is.

Now think about the big events in your life so far. The ones that stand out in your mind. The ones that made an impression - negative or positive - on you. These events have likely influenced how you think and act today. Oh sure, we can add in every little thing that you've ever seen, heard, felt, smelled or touched because "everything" has had some effect on you - on how you think and deal with life. But it's the "biggies" that usually have the most impact.

You can write some of this down if you want to. Make a list of things you like or don't like. Things you enjoy doing. Things that make you happy or sad. But you don't need to if you'd rather not. Just thinking about this is a major step in the right direction. Just get to know you. It's important.

2. Learn About Others

You already know now why you are you. Think about why other people think and act as they do. It should be fairly simple because they're who and what they are for the same reasons you are who you are. They've just had a different family and life experiences. Therefore, they'll all act at least somewhat differently - and think differently - than you. Why spend the time learning about others? Well because - the more you learn about why other folks think and act as they do, the more you'll learn about yourself. And that's still important.

3. Practice Thinking Differently

If you continue to think the same way as you do right now, nothing can change. Everything we do is based on how we think - about ourselves, about others and about life. If you think life is pretty crappy, well sure enough, it'll be pretty crappy. If you think life is generally OK, sure enough, it'll be generally OK. If you think you're a loser, you are. If you think you have a lot to offer your friends, family and this world, you do. We think our way to our destiny. What's your destiny?

4. Pour a Solid Foundation

You can't build much of anything without a strong foundation structure. Roads, buildings, bridges, cars, life - all require a firm foundation to last and withstand the eroding elements of nature. If you haven't already, you might consider looking into using a spiritually-based concrete for your foundation. (No, I didn't say religious but if that's your preference, use it.) Strong values and principles can provide reinforcement. If you'll continue to work to add strength to your under-footing as you go through life,

you'll have all the support you'll ever need.

5. Build a New Life

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Use whatever references you think you need to start - and continue - your building process. There are plenty of organizations, schools and references of all types available to help you on your way. Find the experts and listen to their stories and advice. Identify a mentor, coach or a close friend who can give you lots of support and encouragement. And be sure to **DO SOMETHING! ACT!** All the information and knowledge is worthless unless you put it to work for you. Decide what you would like your destiny to be. Then just go for it!

Gene, through

, provides an easy reading self-help blog, articles and links along with

affordable books and materials written to help folks find the road to a more enjoyable lifestyle, to pass on some of life's "secrets for survival" in a chaotic world & offer a few smiles along the way. It's a down-to-earth, simple approach to discovering a better life. You can visit Gene at

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