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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!

WORK WITH WHAT YOU HAVE

By Rhoberta Shaler

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Have you ever taken an acting class and been challenged to imagine as many uses as possible for some simple household object? It is a wonderful exercise in creativity. Try it. Go to the kitchen, find a tool you use every day and imagine all possible uses for it. Well, that seems to me to be the gist of this quote. It is creative to find new ways of doing things using the resources we have at hand.

A short while ago, I was having a conversation with a good friend. She was telling me that she was about to commit to a network marketing company and that she was sure that she had found the perfect career. It was terrific to hear the certainty and excitement in her voice. She went on, however, to tell me that now, before even signing the paper to begin, she needed a new apartment with a separate room for an office, a fax machine, a new printer and other office fixtures. Why? Because, to her, this was what it would take to be successful. I suggested that small steps might be more empowering than large debt...perhaps she could use the things she has until growing is warranted.

Have you ever had the experience of thinking that you cannot begin a project until you have everything that you could possibly need before you start?

What could you do right now with the things you have at hand? What changes could you make in your life right now just by deciding to do so? We do not have to wait until we lose twenty pounds, clean out our basements and garages, and take

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back our library books, to move ourselves forward, although those things make admirable and important beginnings, too. You can do things simultaneously, can't you? You can follow Ernest Hemmingway's advice: "Now is no time to think of what you do not have. Think of what you can do with what there is."

For today, if you find yourself saying "I would like to do that if only I had _____ or if only I was _____", or anything close to that, change your focus. Ask yourself, "What steps could I take right now towards what I want to bring into my life, using my present skills, talents, desires

and resources?" It's a great place to begin.

Dr. Shaler speaks to thousands of people each year giving them and their organizations "The OK's to SUCCEED!" —the Optimization Keys to lift their sights and elevate results from acceptable to EXCEPTIONAL. She is the author of 'Optimize Your Day! Practical Wisdom for Optimal Living'. Her book as well as her free ezines are available from her website, www.OptimizeLifeNow.com

You are being noticed...

By Harish Dhingra

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Do you think that you are not being noticed?? If your answer is "Yes" then you are absolutely wrong...

Just don't ever think like this because you are always being noticed...

It may be possible that you are working hard but not getting rewards for it right now but it does not mean that you are not being noticed. It may be a bit late for you to get the rewards but you will definitely get the rewards.

You have so many reasons to work hard and not think negative even if you are not paid extra for it.

1. It doesn't affect your health to work hard.
2. You are being noticed for your every work.
3. You do not become lazy.
4. You make a habit to work honestly.
5. It gives you satisfaction.
6. You will be the last in case of lay off.
7. You improve your knowledge.
8. You increase your chances of promotion.

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9. You are just ready to work anytime when your colleagues are tired.

So don't think it again that you are not being noticed because your work speaks for you.

I am just writing to motivate people. If you have any query then mail me at harish_dhingra@indiatimes.com



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