

We're trying to.....

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We're trying to.....

By graham and julie

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How many times have you heard this in your life. Perhaps you have said it yourself. We are trying to accomplish something here. We are trying to complete this programme. We are trying to change the attitudes of our employees. We are trying to finish so we can go on holiday. We are trying to get fit. We are trying to diet. We are trying to give up smoking/drinking/eating donuts or whatever.

These are all statements you hear and no doubt have said a thousand times. But in them is the seed of failure. In saying these few words you are destined not to succeed. The seed to failure is in the word 'trying'.

Just stop a moment and look at your life. Ask yourself the question.
What does trying really mean?

Does it mean:

I am making effort to succeed.

I am having a go but I don't think I will succeed

I don't want to do this but if I look as though I am it will keep everyone happy.

I must look as though I am making effort here.

It won't really work but if that's what they want I will go along with it.

I cannot see us completing this in a month of Sundays but at least it looks as though we have given it a go.

I hate the idea of jogging or the gym but to keep her/him happy I will have a go.

Deep down I like the way I am and the food I eat but it keeps people off my back.

I actually like smoking. It helps with the stress but after all the publicity I think I ought to give it up.

If trying means any of the above are you surprised you fail?

Have a go at this exercise.

Try not to think of a giraffe?

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Did you succeed. I bet you can't get the photo of a giraffe out of your mind.

Try to make a cup of coffee.

You can't can you. You either make a cup of coffee or you don't.

I know they are silly examples but they make the point. When it comes to tasks you either do them or you don't. So using the word `trying' is just a way of preparing yourself when you haven't set the goals and objectives of what it is you want to achieve. If you really decide what it is you want to achieve then you will find the correct tools the right frame of mind to go out and do it. When you fail to set the goals and objectives or you are not really committed to succeeding for whatever reason then you save yourself with the word, `trying'.

Trying really means a state between no I don't want to do it and full commitment. You and I both know that if you fully commit to something then 99 times out of 100 you succeed. The time you don't succeed is when you don't want to . But rather than face the aggravation from others you say I'll try. Which basically means I will not give it my all. I will do what I think is necessary in order for others to think that I have given it a good shot. I will try.

Do you remember when you were child and your grandmother said you were very trying. In other words you were a pain in the butt. You were a nuisance.

Well it's the same. When you decide that you will try to do something you are really a nuisance to yourself and others because the chance of success is negligible. You, at best, are going to waste a great deal of time and energy doing something you don't really believe in and is destined for failure. Or possibly marginal success.

Whenever you enter a new challenge with the thought of trying in your mind you are really doing yourself no favours. You are really showing the world that you are a non achiever.

If deep down, in those hidden dreams you carry, you want to be an achiever then do whatever is necessary in order to succeed. When you carry out a task say to yourself, "No one can do this without me", and we promise you will succeed.

It's not a case of we are trying to achieve something here but We are achieving our goals here.

Good Luck

Graham and Julie
www.desktop-meditation.com

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New Deck Railings Ideas

By Adam Peters

Ideas For Deck Railing - Only Limitation Is imagination The article gives imaginative solutions for decking in your house and surroundings. The only limitation in the design is the imagination and the spending power of the owner. Your decking is a place for your social functions, BBQ parties, a place where you can enjoy nature, and an open space for you where you can be romantic. Depending on the space you have for decking, you can have flowing lines without any acute angles. The general ideas that you will have to remember in such cases are,

Ensure that the space is as open as possible, and without the gaps. A large continuous space is more inviting than two separate spaces even though they total the same area in square feet.

The deck should have a number of accesses points nearly every 20 to 25 feet. An open space with access at limited spaces feels like a congested place even if the area is large.

The deck railing of modern houses have to be flowing and without sharp corners and acute angles. An acute angle is acts like a break in the flowing lines. Decking railing meting at an acute angle is just not acceptable unless space requirement demands it. Modern Materials Of Construction For Deck Railing Any material that has shine and luster, and requires minimum maintenance (like painting or polishing) is the material for modern decking. That leaves the wood in its raw form as the modern material for deck railing. The wood being prone to deterioration to forces of nature is not an ideal material for decking railing. Wood also is not a material that takes flowing form without requiring large human input. Stainless steel, Powder coated steel, anodizes aluminum, or steel coated with PVC fill this requirement perfectly. Depending the money at the disposal of owner, the choices can be exercised. Care For Handicapped - Install Special Railings While installing the deck railing, it is always necessary to care for the handicapped, irrespective of the extent of the handicap. This would mean that the approaches to all the platforms shall be gradual and the side deck railings should be such that the persons with special needs can come to the deck and exit the deck without help from others and they can do it safely. That means that the deck railing in the area of approach and exit should be designed for persons with special needs.

Adam Peters adds articles regularly to

<http://www.deck-porch-railings.com>

. An online DIY magazine

that carries reviews on decks and porches. Adam publishes designs and ideas for succesful deck railing plans. You can reach further articles on these ideas at

<http://www.deck-porch-railings.com/deck-railing-ideas.html>

Natural Pain Management

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