

YOU DON'T HAVE TO BE A GIANT TO BANG YOUR HEAD ON THE CEILING!

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By Jeff McCall

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Earl Nightingale once said "What the mind can conceive and truly believe, it can achieve!"

Was he right? Well you tell me, the proof is right in front of you! Take a look around, right now, this very moment. Everything you see before you, the consumer goods, the furnishings, the decoration, they all began as a flicker of an idea in someone's imagination.

The truth is, you can achieve absolutely anything you want to. But you have to be realistic here, you have to take account of your own physical limitations. I mean, if you're currently enjoying the autumn of your life, I'm sorry to have to tell you, you ain't going to win an Olympic gold medal in the 100 metres sprint. And if you throw yourself off the top of a hundred storey building, flap your arms as much as you like, but rather than soar with the birds you'll still make a nasty mess on the pavement.

If you're still with me, you'll appreciate that there's an absolute limit to your potential that I'll call your "real ceiling". Now unless you're pretty peculiar, the chances are that you're currently living under a "false ceiling" that you've created and installed all by yourself. Didn't know you were a craftsman did you?

This "false ceiling" is severely restricting your growth. It's so low, you're banging your head on it every time you try to stand up straight. Your banging your head so much, trying to achieve anything is a constant headache. Ouch! There you go again!

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A lot of people have made a big mistake, they've built their "false ceiling" no more than three or four feet from the floor. They can't even sit up straight without banging their heads. Are you one of them?

So how high is your "real ceiling" then? Imagine you're standing in an atrium, or even a cathedral, where the ceiling towers above you by as much as 100 ft or more. There's your "real ceiling"! Look up, how high is that? You'll get a stiff neck just looking.

This "real ceiling" is the limit of what you can realistically and absolutely achieve in your life. But here's where it gets interesting.

I want you to imagine everything you've ever desired, even in your

wildest dreams, the fast car, the big house, the money, the power, the happiness. How high is your "dream ceiling"?

Believe it or not, in order to achieve everything in your wildest dreams you would only have to reach a ceiling of about 50 ft. "But hang on a minute" I hear you cry "that's only half the height of my real ceiling!" Exactly! It's well below your "real ceiling", so you should be able to reach it easily shouldn't you? Your wildest dreams are all easily achievable.

Just imagine for a moment that you've broken through your self-imposed "false ceiling". You're standing up straight and tall, and for the first time in your life you're not banging your head. You look up and can clearly see your "real ceiling" towering above you. You can do absolutely anything that any other person who has abilities similar to yours has done. What's more, you could even surpassed them. How fantastic is that?

Yes, you could become very successful online if that's what you want. There are tens of thousands of people around the world making a successful living online. It can't be that difficult otherwise all those people wouldn't have achieved it, right? These people aren't special, they're just like you and me. The majority are just honest, hard-working people who have access to exactly the same opportunities and knowledge as you.

So what's stopping you? Quite simply, you are!

No, not your background, upbringing, education, partner, the government, next door's cat, or even the man in the moon. They're all excuses that reinforce your "false ceiling" and make it harder for you to smash your

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way through.

You've got to start taking responsibility for your own life. All it takes is a little self belief and you can begin hacking away at that "false ceiling" of yours. Imagine how much you can save in Aspirin from all those headaches! Even better, imagine where you'll be this time next year when you're used to standing tall and gazing up at your "real ceiling".

Remember, you can achieve everything that your mind can conceive, so long as you truly believe. But first, you must believe in yourself.

Be successful.

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Home Improvement: Ceiling Fans

By Shaan Randow

Ceiling fans come in a wide variety of styles and colors to match any homeowners interior design wishes. They come with and without lighting. Three to five blades. In colors of black, white, brown, made of wood, covered with animal print fabric or styled with carved leaves.

Ceiling fans have come a long way since the industrial revolution where they were dreamed up by sweating factory workers. These workers attached wooden or metal blades to the overhead whirling shafts that were used to drive the machinery they worked on.

Ceiling fans are a great way to keep cool in the summer on those nights when you don't have to run the air conditioner. Ceiling fans are much less noisy and obtrusive than box fans that sit on your floor or in your windows. And, you know that heat rises, right? Well, in the winter months running your fan on low and in reverse speed will bring down the heat that accumulates up in at the ceiling, helping you to feel warmer.

Before you purchase a ceiling fan you'll need to consider the blade sweep. You don't want to overwhelm a smaller room with a ceiling fan that's too big, but, you also want to make sure that the ceiling fan will be able to displace enough air to cool you off in a larger room. Another consideration before purchasing a ceiling fan is the length it will drop from the ceiling. A home with an 8 foot ceiling would probably use a three inch down rod for a ceiling fan, and a room with a fifteen foot high ceiling would need at least a one foot down rod, up to a five foot down rod. It is suggested that you have at

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least seven feet of clearance from the floor to avoid accidents.

Installing a ceiling fan yourself is a fairly easy job for most do-it-yourselfers. There are many online sites available to help you if you have any problems or questions.

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