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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!

Your Glass Is Half Full!

By Liz Wertman

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When most people are confronted with a change in their lives that they didn't want, such as death or divorce, negative feelings start setting in. These people start looking at everything in their lives with a "glass half empty" attitude. Are you doing that? Are you looking at every aspect in your life with a critical eye? Are you finding that you are dissatisfied with everything in your life? Are you wondering why you don't have more? Do you look around you and only see everything you don't have?

We all want more. We want more for us, more for our children. We see the best on the rich and famous and we want that for ourselves. Realistically we all know that it isn't possible. Yet we are still hoping, buying lottery tickets by the millions. Some how we equate money with happiness. When we see those rich and famous people with their big white smiles.... they sure do look happy!

Of course money can't hurt! We should always try to improve ourselves, our lives in every way, personally and monetarily. But these things don't happen overnight,

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it takes time to build and rebuild. In the meantime you must be happy with your life the way it is now. You must look at your life and say, "If this is all there is, I am happy, I am content."

By always looking at what you don't have, you are living a dissatisfied life. You can continue to live your life this way but you won't have a happy or content life. You will always be saying, " When I get this I'll be happy." Most people with this attitude

are still unhappy when they get what they want. They are still dissatisfied. This current achievement doesn't mean anything to them anymore. They have already seen something else they want and they are striving for that.

Even after a traumatic experience like death or divorce, you must look at the positive side of your life. Don't continually look at what you don't have in your life, there really isn't any point to that, this attitude is non-productive. Look at what you DO have!

Write down on a piece of paper everything in your life that you like. Write down everything in your life that is going well for you. Some of these positive points would be, your children, your health, your family, and your friends. You can expand on that. Get all negativity out of your mind! Write down everything you like about yourself personally. Your kindness, your strength, your compassion, your intelligence. Include what you think is the smallest detail. If it's part of your life then there isn't any small detail. Do you have nice eyes? Put that down!

Watch your list grow!!!
Keep this list and review it every time you feel

dissatisfied. Over time you will not need to look at the list on paper, you will have the security of knowing what a wonderful blessed person you really are!

Your glass is not only half full, it's filling up fast!!

Liz Wertman "Divorce Strategy for Men and Women." Your guide through the maze of divorce! <http://www.divorcewell.com>

Do You Need an Attitude Adjustment?

By Cyndi Roberts

Do You Need an Attitude Adjustment? by Cyndi Roberts

Do you really want to live better for less? Are you anxious to make your money go further? Do you want to develop a strategy to help your family live the good life -- on a budget?

I am sure you do -- Why else would you be reading this article? And I have good news for you!

You can do it! Yes, you can! It's really easier than you think. There are families out there, living the good life on a shoestring. The good news is -- you and your family can do it, too!

The bad news is -- you may need a change of attitude in order to meet your goals. Yes, even with a step by step budget and plan, if you don't have the right attitude, you may never find the "good life".

It has been said, "Your attitude determines your altitude". If you always see the glass as being half empty versus seeing the glass as being half full, then you may not recognize the good life even when you have it!

I believe the "good things in life" are different things for different people. What is important to me may not be important to you.

It is important to me to cultivate an appreciation of

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simple things. One of my greatest joys is sharing laughter with my husband or my sons. If we can laugh at life's foibles, we won't be brought down by life's stresses.

When my husband and I are outdoors we always take note of the beauty of nature in our surroundings. We live in a rural area, and when we are driving, we may see a bright cardinal fly in front of our car, or a deer and her fawn crossing the road. It never fails to make us appreciate the simple things.

Think about what you consider to be the "good things in life". If you can learn to appreciate people, nature, friendships, and

other intangibles, then you are learning to see the glass as half full instead of half empty. And guess what? You are on the road to living the good life!

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Attitudes are contagious—make yours worth catching!

Cyndi Roberts is the editor of the bi-weekly newsletter "1 Frugal Friend 2 Another", bringing you practical, money-saving tips, recipes and ideas. Visit her online at <http://www.cynroberts.com> to subscribe and receive the Free e-course, "Taming the Monster Grocery Bill".

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