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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 Strengths, Your Money**

**By Darlene Arechederra**

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Need a few extra bucks to help pay down debt or build up your emergency account? There are some simple ways to do it without working another job or being away from the children even more. Using your \*strengths\*, brainstorm ways to zero in on new sources of income.

What ARE Your \*Strengths\*? What are you really good at? What do your friends/coworkers compliment you about, over and over? Are you a perfectionist in certain things? What things do your friends/family tease you about, or find irritating, because you do these things so well?

Do you Enjoy Working with Numbers?

If you're great at balancing your checkbook, you could pick up a few extra dollars each month balancing for friends who hate doing it themselves. A gentleman I know used to order pizza for the bank teller in exchange for keeping his checkbook balanced for him. He hated doing it. The teller found it very easy. Perfect fit!

Are you Artistic?

Perhaps you're a penny-saver. You've created a beautiful decorative container to hold your pennies. Would they make nice gifts for others? Make some extras and see how they sell at Christmas bazaars. Give away as gifts to nieces, nephews, grandchildren. Others may see them and want one. Some may take them to school and show them around.

If you make it fun for kids to use them, parents will greatly appreciate it. In the meantime, children are learning a great savings habit.

Are you a Perfectionist?

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Can't stand a dirty car? Is your car always spotless, inside and out? Next time someone compliments you on it (or wishes their car looked great like yours), let them know you'll keep theirs up to snuff for a few bucks every week or two. Their friends and neighbors will notice, and before long you'll have created a steady stream of income. Around here, the salt and chemicals need to be removed on a regular basis during snow season.

Do you Enjoy the Great Outdoors? Use the Seasons!

Fall

How about raking leaves? Bag up the leaves and take them with you for homeowners who don't enjoy this type work, or who can't do it themselves. Fall is also a good time to give lawns a final mowing. Mow the leaves up with the final grass cutting for the year. The leaves are actually great nourishment.

Winter

Shovel sidewalks. Shovel paths so others can get in their cars (especially the elderly). Or run errands for them while you're already out doing your errands. Wash the slush and chemicals off neighbors' cars after a major snowstorm.

Spring

Weed, till soil, remove downed branches after a storm.

Summer

Your neighbors probably have swimming pools. Are you good at cleaning them? How about making sure the chemicals are just right?

Remove stray leaves that end up in the pool. (For safety reasons, please don't take your children with you to these pools.

Water gardens in the evenings or early morning for those who don't enjoy it or can't do it. Weed their flower or veggie gardens. See what you can do for the neighbors in your area while they enjoy their vacations.

Change of Seasons

Remove leaves from gutters for others. Again, there will likely be lots of downed branches to gather and remove.

Now, obviously these are very basic ideas. There are many more ideas you can come up with. Use your strengths as your starting point and see what you can dream up.

Darlene Arechederra is author of Rat Race Blues—How to Break the Stranglehold. Do what you \*love\*

to do for a living — not what you \*have\* to do! Darlene offers hope and help in \*finding\* money, time and energy to support your dreams. Fr\*ee weekly newsletter with mini–assignments and rewards to get you back on track with your money and dreams.

## **A Simple Strategy for Managing ADD**

**By ADD Coach Jennifer Koretsky**

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As an ADD Coach, I usually begin my conversations with new and potential clients by saying, "Tell me about yourself and why you're looking for coaching." Most people answer with a long list of their ADD challenges. Very few people answer that they are looking to discover, enhance, or utilize their strengths. This is a big part of coaching, and a part that many people need a lot of help with.

Unfortunately, many ADDers spend too much of their time focusing on what they think they do wrong. This is understandable; as most of us have spent a lifetime learning how to deal with attention inconsistency, impulsivity, hyperactivity, emotional reactivity, and other challenges that our ADD has presented. However, few of us actually take time to appreciate our ability to manage these challenges and bounce back from the difficult times. And when we don't balance the good stuff with the not–so–good stuff, we can become frustrated, unmotivated, and unhappy.

Every single person in this world has strengths and interests - things we do well and things we like to do. Learning to focus some time on those strengths and interests can help lift the spirits - and self–esteem - of ADDers. Here are some ways in which you can increase the time you spend thinking about your strengths and interests:

\* Make a list of all your accomplishments in life - both large and small - and post this list where you'll see it often

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- \* Make a list of all the things you do well, and all the things you like to do - and post this list, too
- \* Keep a journal or notebook in which you detail all your daily successes
- \* Accept every compliment you receive with a smile and a "thank you"

After you have spent some time thinking about your strengths

and accomplishments, you can take this knowledge and self-awareness a step further by setting some small goals for yourself that involve your strengths and interests. If you're good with people, maybe you'd like to try volunteering at a homeless shelter or senior center. If you like dancing, perhaps you can take a class every week.

We all deserve to spend time doing what we like to do, and not just what we have to do. So allow yourself to appreciate your strengths and interests, and treat yourself to the luxury of enjoying them! Chances are, it will make you a much happier person.

Jennifer Koretsky is an ADD Coach who helps people find peace through ADD management. She encourages them to increase self-awareness and focus on their strengths and talents to achieve meaningful goals and transform their lives. She offers private and group coaching, teleclasses, and a free e-newsletter. For more information, please visit <http://www.ADDmanagement.com>

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