

SOCIAL HOW TO

BY

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How to be more happy and prosperous in daily life in an easy way

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Guide to Online Dating

How To Use This Guide

The best advice I can give you is to read everything over once. If you can, do it in one sitting, then re read it again. Then, read the sections again that you are not sure about, and if you can, get someone else to read it as well, and both of you make notes.

There are plenty of website links in this book so it probably is best to read this book while you are online so you can see exactly what I'm talking about through out the book.

What This Guide Is About And Who It's For

I hope by the time you finish this book you will realize just how powerful this information is. This is not some rehashed dating manual which spews out bad information that will HURT your chances of dating successfully.

This book isn't written by a prolific writer who's job it is to churn out books by the dozen which he has no expertise on, it's written by a guy who struggled for years to realize exactly what it is that turns women on and off.

This book is for all the guys out there who are sick of being told "I just want to be friends" or "you're a really nice guy but It's just not the right time in my life for a relationship" and about one hundred other excuses I've heard over and over again.

This book doesn't just cover Internet dating, it covers all the aspects of what make men successful with women.

Internet dating has made meeting beautiful women so much easier, hence why I've been using it for the last 2 years with great success.

Chapter 1 – Why Internet Dating?

I get asked this question all the time. Why use Internet dating over any other method of meeting women?

I mean, there are hundreds of ways to meet women and they are all great and have their advantages.

Speed dating

Singles events
Through friends
Offline dating agencies
Personal ads
In bars and nightclubs
Taking courses at local colleges
And the list goes on and on.....

BUT

Internet dating is KING and here is why.

It's cheap

It's quick

It's fun

It's simple to use

There are thousands of women in your area now online

And the biggest reason of all, IT'S A GREAT PLACE TO LEARN WITHOUT THE FEAR OF FACE TO FACE REJECTION!

Like it or not, rejection is part of the dating process, even the hottest most successful guys with dating get rejected more times then they hear a yes.

In someways dating is a numbers game, but most men have TERRIBLE odds when it comes to dating. My job in this book is to lower the odds for you and make you more successful with the type of women you want to date.....

and I know you're busy, that's why Internet dating is great. Put up a profile, tweak it a bit until it sounds good and away you go. It's your own automated dating machine thats up 24/7 attracting women around the clock.

You don't have to be attractive, rich or anything like that. In fact, the guys I know who are most successful with women don't have a lot of money and they are just average looking men, nothing special about them, except they know what women want, they behave and hold themselves in ways women find attractive.

My Story

I'm a skinny guy, bout 6'3, by no means ugly, but by no means a bulging muscle bound model.

I've always been a little shy, which is fine, always been a little awkward in social situations, never had much confidence in myself around women.

I had NO luck with dating. When I was 16 I got lucky and landed a girlfriend, and we were together for 3 years, but after that, I went 3 years without even 1 date. Partly because I was consumed with work and partly because I was turning women off with the way I acted around them.

But about 2 years ago I got fed up with being dateless and looking around and seeing UGLY guys with girlfriends and in most cases HOT girls. I thought if these guys are meeting these women and they're not rich, successful or even good looking, I must be doing something wrong.

What these guys had that I didn't have was the right attitude, the right frame of mind, and I get into this in the next chapter.

So I learned everything I could about women, psychology, what makes women attracted to certain types of guys and I even read a book called "sperm wars" which is all about evolution.

I now am able to meet, talk to and date beautiful women like it's the easiest thing in the world to do, and the only thing that changed about me was my attitude and the skills and knowledge I learnt from making lots of mistakes.

I didn't get more attractive, I didn't become mega rich, I just learnt to be what women want.

Chapter 2 – Step 1: Understanding The Law Of Attraction!

For women attraction isn't a choice, they either feel it for you or they don't, it's that simple. If a woman doesn't feel attraction for you from the start, they more then likely never will.

You cannot convince a woman to feel attraction for you. Let me explain,

Just because you're rich, attractive, successful, drive a nice car, take her to fancy dinners, buy her expensive things, that won't make her feel attraction for you.

I know, it's not logical I get it, but women don't choose mates on logic. They might say they do, but they don't.

Women choose mates by their level of attraction they have for them (unless they are money hungry women after you for only your wallet) and not for what you can give them in return.

Men seem to think bribing women with gifts will make them fall in love with you, but it has the total opposite effect, women see this as you needing their

approval because you don't think you are worthy enough to date them without having to buy them things in return.

Why do you think so many women get into relationships with bad boys who treat them terribly? Because these guys trigger an attraction inside these women. It's not logical, I know, but it's a fact.

I'm not saying you have to treat women terribly to make them feel attraction for you, but you don't have to cater to a woman's every need.

Women would rather date a poor guy with no money who's charming, funny, cocky and just a fun date then a guy who's rich, buys them things and is stuffy and boring.

Women want what women want and you can either be what they want or be what they don't want, it's your choice.

This book isn't about changing you to suit women, it's about showing you that you don't need to do all these things to make women attracted to you, you don't need to bribe them, you don't need to stress if one woman doesn't like you, this is your life, you choose who you date, not the other way around.

What Qualities Do Women Find Attractive In Men?

Women when asked will say they want a nice guy who treats them like a princess and pretty much has no balls of his own. They like the idea of getting flowers and having a sensitive guy to talk to about their problems.

All women will tell you they want to date the nice guy or that they can never seem to find a nice guy to date.

The problem is, this isn't exactly correct. These women aren't lying when they say they want these things.... on the surface they do, because it makes sense, it makes sense to want a guy like this, but on a subconscious level, they really want a man who takes control and acts like a man should

So what qualities do women want in men?

What they've always wanted and always will want. Women want their men to be men and not wussy boys who ask for approval to scratch their noses.

I know this sounds harsh, but it's true.

Have you ever noticed the following?

When you give a girl a compliment or tell a girl how beautiful she is, she's

shying away from you?

BUT

When you notice a flaw about her she will get more involved in the conversation and take you more seriously.

Have you ever noticed....

When you buy girls gifts and take them to expensive dinners they end up later that night thanking you for a great evening and going out with another guy?

BUT

If you just go for a quick drink and act like you are equals she feels attracted to you because you're not catering to her every whim.

Have you noticed when....

You call a girl often after a date and she seems distant and funny

BUT

When you don't call her and you act like you're busy and could live with her or without her, she won't stop calling you.

WOMEN DON'T WANT TO BE CATERED TO, HOUNDED, TREATED LIKE PRINCESSES OR ANY OTHER RUBBISH YOUR MOTHER TOLD YOU ABOUT DATING.

This is from my experience what women want from a man.....

They Want You To Be Confident

They Want You To Lead

They Don't Want You To Get Emotional

They Want You To Be Fun With No Hang Ups

They Want You To Make Them Laugh

They Want You To Make Them Wonder

They Want You To Be Interesting

They Want You To Know What You Want From Life

Hard And Fast Dating Rules You Must Follow At All Times – The Right Attitude To Have Towards Women, Dating And Life!

This whole section is some of the most powerful information you will ever read, not just about dating but about life in general.

When your life is going to plan, you feel confident and when you feel confident, you exude a persona that naturally attracts people and makes them want to be around you. No one likes dating a sad sack.

These rules are what I live my life by and were written by me for me, I never thought I would share these rules with anyone except maybe my future children.

Dating Rules

Rule 1: Always be confident in yourself – MAIN RULE!

People who have real confidence in themselves attract people naturally. People can tell when you are confident with yourself and where you are going with your life.

If you're not confident in yourself, why? Is it because you have no money? Is it because you think you're overweight or ugly?

All of this can be overcome with confidence. Honestly, girls (girls we want to date) don't care a lot about these things. Of course, if you are really overweight and you have bad teeth and you dress like a hobo, change yourself.

It's that simple. If you want to be successful with women, you can't hide behind excuses to fail.

I know a lot of men who aren't rich and aren't good looking who are very successful with women because they act like they are good looking and they are rich, they act in ways that make men and women naturally attracted to them.

A happy go lucky guy who smiles a lot will get x10 the amount of attention as a sad sack sitting in the corner no matter how hot or rich he is.

Be happy with yourself, but if there is something holding you back from being a more outgoing person, fix it.

I had a large mole on my face and while no women seemed to care about it, it

made me feel self-conscious and I didn't feel confident in my looks, so I got it removed.

The only real different I see now is not in my looks but in my personality. I feel better about MYSELF and I did it for MYSELF, I didn't do it for woman's approval, I did it because I wanted to be more outgoing and feel better about myself.

Rule 2: Relax – be totally calm – act like u don't need her

As you can tell these rules are not in any particular order but when you first start dating someone, act calm, be cool.

Especially on the first date, be cool. Don't be nervous, don't get all excited and act like a goof.

Don't act desperate around women, just be yourself and not worry about the outcome, dating should be fun!

Rule 3: Be Cocky and Funny – be outgoing and have fun AND BE FUN TO BE AROUND – be charming/gentleman

You will hear me talk about being cocky and funny a lot in this book, it's something I learned from another dating book

Being cocky to me means not being afraid to joke around with women. Men are so scared to be themselves around women that they act all uptight and nervous and are not sure what to say.

Don't worry about. Most men by nature are not big mouth arrogant SOB's, so just say what's on your mind.

Talking about sex and other taboo subjects is FINE. Teasing a girl lightly is fine, as long as it's funny and a little bit cocky.

Be the fun guy to hang around, make dating fun for you and her.

Rule 4: Don't get emotional even if the woman does – women will test you – nothing to be insecure about

This rule IS SO IMPORTANT when you start dating someone more seriously. I made this mistake a couple of times early on and the relationships ended pretty soon after.

If a woman says something to you that makes you feel nervous, angry, upset and you feel like you're going to get overly emotional and say something you

will regret, FOR THE GOOD OF YOUR SANITY, Don't say anything.

It's a lot easier to say nothing then it is to take something stupid back. Think before you speak. Women will always do this. Women will blame you for things that are not your fault, things will happen in their lives that make them emotional, you're job is to stay calm.

I'll give you a personal example. I started dating a girl I REALLY liked, but a couple of weeks into the relationship, she told me she was pregnant and she wasn't sure who the father was, because before she started dating me, she was seeing two other guys.

I freaked out, and you probably think, well rightly so, and it was probably for the best things ended, but, breaking up with someone is better when you're the one breaking up with the girl

I know this sounds childish, but it's true. It's a mental thing. Being dumped is a horrible feeling and take's longer to get over.

Rule 5: Lead in the relationship – Always be a man – IE Dad – say things like “you do what you wanna do”

Girls like a guy who will lead in the relationship. I don't mean bossy, I mean lead. It's a manly thing to do.

When a woman asks what you want to do, don't reply back, “I dunno, what do you want to do”, take the bull by the horn's and make a decision. I know it's a bit of a pain to be the one who does this all the time, but it really works.

I also added a part about my dad in this rule. He is one of those old fashioned type of guy's, always leads, makes executive decisions. He isn't wish-washy.

Also, when women throw things at you that you're not expecting, never over react, I touched on this just before, and I'm going to again.

If a girl says she's going out with male friends, or seeing an ex boyfriend, don't flip your lid, this is the quickest way to push her away.

Just say things like, “you do what you wanna do”, “it's your life, I'm not your father, have fun”. Saying things like this make you sound confident in yourself and don't really care what she does.

Begging her not to go and doing all sorts of crazy things guys do will push her away for good.

Rule 6: Live an active and full life – you come first – plenty of fish in the sea – Always keep busy

Most of you are probably thinking how am I going to remember all these things, and you're not suppose to really. Use them all, or use just a few, refer to them often and they will sink in over time.

But if you only remember one dating rule, this is it.

Always keep busy! Never make too much time for a girl when you first start dating. All the other rules will fall into place if you just follow this one.

When you're sitting at home with nothing to do, you will be tempted to want to ring any girl you're dating too much and you will become too available.

If she's says lets make plans for Tuesday, say no you're busy, how about Wednesday.

Get a hobby, play a sport, go out more with your friends and if you don't have any friends, make some!

Keep your mind busy and everything else will fall into place because you will be too busy with your life to care what she is doing. She will be just a nice little extra in your life, not your whole life!

Keep busy guys!

Rule 7: Don't rush the dating process – build the mystery – forcing repels attraction

Again, this goes with keeping busy. Never see a girl more then twice a week for at least the first 10 to 20 dates. Seriously. I know you will want to spend all your time with someone if you think she's the one, but, you need to build the attraction, not force it.

This way is best for both of you. I feel most guys will settle for a girl because she wants a relationship, even tho she might not be the girl for him.

Take your time, have fun, date multiple women, it's okay.

Rule 8: Let things go, the past is the past – but always tell it as it is – no hangups!

Every one has a past, and if I've made any mistake too much, its this one.

You have to accept people for who they are, if you really like someone, leave the past where it belongs, in the past.

We all have baggage. Of course, there are limits.

Rule 9: Don't write sappy emails ever, never write anything because of fear or insecurity

What is it with guys and writing sappy letters or emails when they feel like they are losing the girl or have lost the girl.

If a girl breaks up with you, let it go, move on with your life, start dating again and you will find this will bring back love quicker than a sappy email professing your undying love for the girl.

Think before you speak, think before you type!

Rule 10: Girls find a guy hot when he has a plan for life – you know, I told a girlfriend about my dreams for life

I don't know what it is, but when your talking about something your passionate about, people are naturally attracted to you.

I use to date a girl who played guitar and she was so passionate about it, it was a real turn on. She knew what she wanted to be and I found that sexy.

Same thing applies to men. I tell girls about my dream of running the largest publishing company in the world one day and girls find my passion and that idea really attractive.

Rule 11: Don't apologize for the sake of apologizing – Don't apologize if you've done nothing wrong

This is a real turn off for women. Guys have a habit of apologizing for girls bad behaviors and it's not on.

Women see this as a sign of weakness. If a girl is doing something or saying something you don't like, tell her that. If she's acting bratty, tell her that.

Don't put up with moody behavior just because she thinks you deserve to be treated that way, you don't.

Rule 12: First Date Advice – Lean Back Relax Don't Be Nervous, Be Confident, Funny, Cocky, But Don't Take It Too Far!

I must admit, one date I did take the cocky and funny routine a bit far and probably was a bit more relaxed then I should have been and I came across

very arrogant and sarcastic.

Arrogance is a huge turn off and there is a fine line between that and cocky and funny.

Rule 13: No matter how funny or cocky you are, treat sex with respect. If you do have sex with a girl, make it special, like she's the only one that matters.

Rule 14: Dress well, but don't over do it!

Personal Life

Rule 1: Exercise often – 100 situps, 100 pushups, running, work on arms

Girls don't care if you're not buff, but looks are important too. Take care of your body if for no one else but yourself.

I do 100 situps, 100 pushups every day. I do a light weight session focusing on building bigger arms and chest muscles. I also run 3 times a week. This is a perfect workout that takes very little time out of your week and will make you look and feel a lot better inside and out, I guarantee it!

Rule 2: Never let anything or anyone overwhelm my emotions to the point of incapacitation

Nothing in life is worth letting your life go down the drains for. If something bad happens, pick yourself up, don't stop working or letting your finances suffer.

Rule 3: Be Independent always

Rule 4: Always keep learning new things and travel

Read lots, watch documentaries, take courses and travel all you can. You'll thank me for this advice one day.

Rule 5: Always have fun always have a positive attitude – everything will be OK

Rule 6: Every day or when you feel stressed sit silent for 30 minutes and think about nothing just relax

Rule 7: Don't let little things rattle you – never over react

Life is full of little surprises, just like dating, but let them rattle you, just keep going on with your life like nothing happened.

He who angers you becomes your master.

Rule 8: Create a life's to do list and follow thru with it completely and systematically

This is something you must do. Everyone has goals for life, I don't care if it's only 4 things, write them down and check them off.

I have close to 100 things I want to do before I do, like learn to speak German, go to Oktoberfest, things like that.

I also have more serious things like, Run the largest publishing company in the world, which I still quite haven't checked off yet 😊

Rule 9: Set high goals and standards for your life and never let anyone compromise them

Rule 10: Always have an open mind and don't be judgmental

Rule 11: Don't Get Moody With People! – Just Relax!

Nothing lowers the level of conversation more than raising the voice.

Rule 12: You Miss 100% Of The Shots You Don't Take!

It's Alright To Have Faults And Be Yourself – You Have My Permission To Make Mistakes

Like I said in the above section, I've made mistakes before and at the time I thought I was the biggest idiot, but it's all a part of learning how to be successful with women.

No one is perfect and it's OK to have quirky little habits, no woman expects

you to be perfect or a dating robot that knows exactly what to do at all times. The main thing is to make sure it doesn't get you down and you don't stop trying if you have a bad experience. Every woman isn't going to like you and vice versa, but....

You miss 100% of all shots you don't take!

Chapter 3 – Step 2

Find 3 Online Dating Sites To Put Your Online Profile On

There are THOUSANDS of online dating sites out there, so what one's best for you?

For starters, the best idea is to cast a wide net and put your profile on at least 3 online dating sites.

What I've been doing recently is I've been putting my profile on 2 large online dating sites and one niche dating site.

For instance right now I'm using Match.com, Yahoo personals and RSVP.com.au which is a smaller Australian Internet dating site.

I usually get a lot more of the women I like and that are closer to me by using the niche online dating site, but I get the bulk of my dates from women on Match.com and Yahoo personals.

So what sites should you be using?

I really recommend you use Match.com as one of your choices.

Here are a list of online dating sites I recommend trying.

Yahoo Personals

Lava Life

Adultmatchmaker.com

Eharmony.com – Do the questionnaire!

Americansingles.com

Adultfriendfinder.com

Jdate.com

Christiansoulmates.com

Date.com

Friendfinder.com

Singleparentsmingle.com

Chapter 4 – Step 3

How To Write A Killer Online Profile With Samples!

The MOST IMPORTANT aspect of any successful Internet dating venture is your online profile. Personally, I use 2 profiles to attract dates.

The bad boy profile which attracts a certain more wilder person, and the nice guy profile that attracts the nice girls you would be proud to bring home to mother.

Feel free to steal and change these profiles. What ever you do, don't just copy them as they are, it would look stupid seeing hundreds of profiles online exactly the same, and besides, you really should put your own personality into it, as this profile is about you and not about me.

Of course, you can use them as is if you want, but you will get better results if you tweak them to suit your personality.

If you are the more cocky and confident person, use the "bad boy" profile, but make sure you are the same person online as you are offline or it will be a waste of time.

You must also have a photo on your profile! If they give you room to put up more then one photo, don't do it, just put one good photo up of you.

The Bad Boy Profile

Intro: Top 10 ways to scare any guy off, including me, inside

Interests:

Music: Dance, trance, house, you know what I'm talking about. Ministry of sound etc. I also watch Video Hits, so you can rest assure that I'm up to date with every new rappers name and criminal record.

Reading: I read anything I can get my hands on. I run a publishing company, so I get paid to read.

Movies: Comedies! Love a good comedy. Teen comedies. Anything with breasts. Also anything set in the 18th and 19th century like Hornblower, Napoleon and boring crap like that. James bond!

Sport: I play professional cricket and basketball/league for fun. Like extreme sports and paintball. No, not laser skirmish, ugh. Yes, I'm going to list going to the gym because I ACTUALLY do it.

Other interests: Sitting in my hot tub looking out over the city listening to dance music. Love to travel, spent 6 months living in Spain and 2 years living in Perth. Cars, imports (supra's!) and SUV's.

Profile Body:

- 10. Tell him that he looks like your father*
- 9. Tell him that he looks like your mother*
- 8. Talk about your doll collection in third person*
- 7. Talk about your recent hernia operation*
- 6. Showing him the hernia in a jar*
- 5. Confessing your love for Hitler on the first date. You should wait at least 2 or 3 dates for that one.*
- 4. Talk about your co workers annoying habits while pinching food off his plate.*
- 3. Talk about children and marriage on the first date.*
- 2. Say you look nothing like your photo after you sent him a photo of Imogene bailey*
- 1. Last but not least, never say "I've seen bigger" about any part of his body*

Now if you promise not to talk about these things send me an email. Be warned I'm not looking for pen pals. I'm too much fun to be around to just leave it at writing emails.

Next week I'll list the top 10 things guys don't want to hear women say, including my favorite, "That's not the way my ex did it".

Relationship sought: Short-term or Long-term Relationship with a Female

Ideal partner:

Between 18 and 45 years old

Incredibly intelligent and amazingly beautiful. Someone who finds my jokes funny is a plus. No stalkers or clingy people please, I'm not sure what I'm looking for, but I know its not that. Someone who believes anything in life is possible, because it is!

The Nice Guy Profile

Intro: New to the scene.....

Interests:

Music: Most types, whatever is good at the time

Reading: Horror, Drama

Movies: Horror, Comedy, Drama

Sport: Swimming, Tennis, Rugby

Other interests: Art

Profile Body:

I'm an easy going nice guy, trying to find the right person, I enjoy intellectual conversations, late night beach walks, clubbing, music of most types, reading, tennis and swimming, among other things. Love pets, dogs and cats mainly, so you would need to be an animal lover.

I might party hard, but I also enjoy quiet nights at home watching a DVD, or doing things that couples do in their own private space.

With that said, I'm the type of guy of both extremes, so finding someone willing to spend quality time with has been more difficult then first thought, hence signing up with this site, hopefully it works out well???

Relationship sought: Short-term or Long-term Relationship with a Male or Female

Ideal partner:

Between 18 and 35 years old

I'm looking for someone who is understanding, uses common sense, someone who is confident in themself and knows where they're going in life, and are happy with that direction. Age doesn't mean that much to me, as long as there is a connection, building rapport between one another is important.

A Profile For The Older Gent Or Men Who Want To Attract Younger Women

Intro: A stick insect walks into a bar...

Interests:

Music: club mixes, trance, ministry of sound stuff and old stuff , rolling stones, acdc, 80's. Fav track at the moment is scott bond vs solarstone 3rd earth remix.

Reading: yes, i can read. that's why i buy those magazines, for the articles. Not the pictures, i swear.

Movies: lord of the rings trilogy, matrix..first two, third was...disappointing. art-house. subtitles don't scare me and we've already established that i can read. Currently hooked on Asian martial arts movies tho the only thing i know about 'kung fu' is how to spell it.

Sport: Not so much sport as fitness, gym, bike, run, kayak, ill have a go at most things. Also follow motor-sport (mostly bikes) and golf. And, in a reversal of male / female stereotypes, you go to the footy, I'll stay home and watch the grass grow.

Other interests: many and varied. you should ask me.

Profile Body:

I figure talking to yourself is acceptable but talking to yourself in a pirates voice probably isn't. I started doing that today and i figure i need to get out more and meet some people before i topple over the brink into complete madness. Don't be alarmed thou, all the sharp utensils are under lock and key.

OK, i realize this profile tends more toward the humorous rather than the serious which i guess is indicative of my personality so here are some details which might help to round out the picture.

I work as a paid firefighter, a job i love and have been doing for over 155 years. Days off are spent keeping fit, reading, going to the movies, riding bikes...both mountain and motor and, of course, looking for my favorite hat.

I have a large family whom i see fairly often but not often enough. I grew up in the country (or should i say i got older in the country) but, after 20 years in Melbourne, any trace of the "country boy" is well and truly gone.

Whilst I have your attention, can you please be who, and what, you say you are in your profile.

Ideal partner:

Between 25 and 42 years old , at most 5'7"/170 cm from AUSTRALIA

Hmm, Fit, fun, confident, adventurous, young or young at heart and can tell me where i left my favorite hat. It's gotta be around here somewhere. Oh, on the off chance you do feel sufficiently inspired to send me a kiss, please

include your photo password if applicable 😊

Chapter 5 – Step 4: Learn To Write Effective Email Followups

OK, so you're online, you're searching for profiles of other women and you find a few you want to email, what next?

The first email is crucial. You have to remember, women are getting sometimes hundreds of emails a day, so you have to stand out straight away!

Just like in marketing, your headline should be eye grabbing!

The best way to do this is to mention something about her profile in your headline. I've made the mistake of writing things like "hey there" in the subject heading and it's really not a good idea.

If in the photo she puts on her profile, she's wearing something unique comment on it.

Example Subject Headings

Where did you get that necklace from?

I don't think you're going to like me....

That top you are wearing is....

You're lucky I emailed you!

etc....

Things like that get a woman's attention when she's reading her email.

That's the first mistake most people make, the second one is they write too much in their first email! They write a whole life story. Just keep it short and sweet.

Here is an example first email I use.

Heya,

If you want to have an enthralling chat/get to know me better my msn address is myemailaddress@here.com so that's the place to do it, or even better, over a crownie or 3 😊 I live in Robertson, near sunnybank plaza/garden city.

I'm off to try and find a place that does a decent oysters kilpatrick, so have a good night.

Cheers

your name, your profile id name

P.S. make a funny comment here about her profile/suggest if she doesn't have msn to either download it or buy you a beer and meet up instead.

Notice I don't try and get an email relationship happening, you need to hook your date quickly.

You need to get from one step to the other quickly.

If she emails you back and says she doesn't have msn or any instant chat device, ask her for her phone number.

It's that simple. Don't become email buddies!

Chapter 6 – Step 5: Learn How To Use Instant Messaging With Success

OK, so you've got the girl on msn or ICQ or whatever you want to use, what next?

Chatting online is the best way to work on chatting to women without the fear of being nervous or making a fool of yourself in public. Just have fun and go with the flow.

Don't bog the conversation down with general chit chat. Talking about the weather, what she does for a living are things you can talk about when you're dating.

The idea of chatting online is to get the girls phone number and move to the next step.

Here is a sample conversation I had with a girl very recently after moving her from email to msn....

Me: hey stinky, how goes it

Her: I do no stink

Her: I'm good, feelin better

Her: And u?

Me: Much better

Me: So when are you going to buy me that beer?

Me: I'm busy this weekend and I want to make sure you are completely over your cold so you don't infect me by sitting to close to me.

Her: hahah, I won't infect you promise!

Me: Give me your mobile # and I'll give you a call when I'm not busy, I want to make sure you're really not a 59 year old man, who's overweight.

Her: Oh yah, because being overweight would make all the difference.

Me: Stop stalling and give me the digits.... 😊

Her: OK, (number here), just don't stalk me.

Me: No worries about that, it's my week off. Ne way, gotta run, I'll ring you when I'm free.

And that is how it's done my friends.

Chapter 7 – Step 6: Learn How To Use The Phone With Success

93% of all communication is done with your voice tone and body language. If you ring up a woman asking for a date and you sound like mickey mouse and are all nervous, you've blown it straight away, no questions asked.

Again, the idea of using the phone is to get the date, not to have a general chit chat. Most guys have this habit of speaking for ages on the phone and not getting to the point.

Before you ring, think about what you are going to say, how you are going to say it and what you are going to say if she throws a curve ball at you.

Go into the phone call with a plan, think about what you are going to say and you will be fine.

Too many people fear confrontation, just ask for the date and if she says no, she says no, just move on.

If you don't get a returned call you should probably move on, happy that you didn't waste another moment with a rude jerk.

If, on the other hand you're the adventurous type, you can try this. Call the person up, but don't leave messages on their answering machine or voice mail. Wait for the person to answer.

Just so you know, phones these days usually tell people who has called, hung-up, when and how many times, so please don't ring 50 times a day, because more then likely they will know you were doing it and it looks a bit stalkerish.

If after you called a few times over a few days and no one picks up, leave a

short, funny message about not being able to get a hold of her and she can ring you back.

Chapter 8 – Step 7: Meet Up For The First Time And Be Confident!

So you've got the date but you have no idea where you are going to go on your first date?

The best date in my opinion goes as follows.

You ring up the girl, tell her to meet you at your favorite cafe or bar for a quick drink. Chat for an hour or so, call it a night, go home.

That's what works for me and for every guy I know who is good with dating.

Guys try and impress too hard on first dates and take them to the most expensive restaurants and buy them fancy dinners.

If end up spending more than \$20 on a date, it's too much. I can remember the best date of my life I brought 2 beers and she brought a wine and that was it.

We chatted for an hour or so, I ended the night and went home.

Make sure you never let your first dates go for too long, I never let them go over 2 hours and most only last an hour or so.

It's not about how long you spend on the date or how much money you spend, it's about the impression you leave on the girl.

If you are funny and confident and the girl has a blast, all you need is an hour.

Yes, I've taken girls home after a first date like this, but I don't recommend it.

Like I said in the previous chapter, body language and voice tone are so important when dating. You want to speak with confidence, walk with confidence and BE confident.

Here are a few tips I use.

- Do everything slowly

What I mean by that is don't look like your panicked or in a rush. Make every movement deliberate and cool.

- Walk slowly and upright

When you're walking, always walk with your shoulders back and slowly. Stand upright with good posture and stick your chest out and look around like you own the place.

- When sitting, lean back in your chair

Don't lean right forward and smother the girl, give her space, lean right back and look like you're too comfortable.

- Maintain eye contact and never mumble

Always look at her in the eyes when you're talking and never mumble or cover your mouth when you speak.

Here are more date ideas if you must do something other than a quick drink

Take a drive down to the beach and walk and talk. It's a cheap date and a good way to find out about the other person.

Ring up your local pool hall, find out when it's the quietest and go have a game of pool together.

Go to mini golf. The beauty of mini golf is there will be a lot of other couples around as well and families, so it makes for a comfortable setting.

Take your date to a concert. If you've been friends with this person for a while, you'll know what he or she likes and you can work on that. If you don't know the person well,

Take your date on a picnic by the water. Make sure there are plenty of rest rooms and shelter around just in case.

Go to the casino. This is not everyone's cup of tea, but what could be more exciting than winning big. They will never forget it.

Go go-carting. This is a great way to find out if your date will try just about anything once.

Take your date golfing. Find a local golf course that caters to beginners and do only 9 holes.

Go to the golf driving range. This is probably a better idea than golfing, it's cheaper, shorter in time and more fun.

Have your palms read. Most women find this sort of thing very interesting.

Take a limo ride around the city. To find the best deals, use the Internet to find local companies with websites.

Go to a roof top or revolving restaurant. Eating outdoors always makes things more memorable, just remember to make a booking first.

Go to a day spa together and get a massage. Go on the Internet to find the best deals.

Go hot air ballooning. Probably not the ideal first date as it's a little expensive and hot air ballooning is done very early in the morning.

Go on a lunch date. Perfect idea if you work together, just make sure your date knows it's a date and not a friendly outing.

Go to a local museum. The most popular types of museums are the interactive types, with displays, not things like art galleries.

If your date is the sporting type, take her to a local sporting event. You could even go to a college game.

If you know how to ride a motorbike, take your date for a ride somewhere scenic or at nighttime in the city.

Go to the batting cages. Not everyone's idea of a great date, but you'll soon find out if your date is easy going or high maintenance.

Frisbee golf is another date idea that will certainly tell you what type of person you are dating. If you are not sure what Frisbee golf is, go to Google and look it up, it's a lot of fun.

Go to your local jazz club and relax. Everyone loves jazz.

Go to the zoo. Most zoo's have night time exhibits or exhibits out of the norm for people to see.

Go to the local fair. Every year we have a local fair where I live that has show bags, rides etc.

Getting up early and going to the flea markets is a very cheap and fun date. If you are not big on sitting down and talking, this is the date for you.

Take your date for dinner on the boardwalk. Very romantic!

Chapter 9 – Step 8: Control The Pace Of The Relationship

Girls have a tendency to be their own worst enemy when it comes to killing attraction. If a girl had a really great time with you, she will ring you constantly, but it's your job as the man to control the relationship.

You don't have to pick up the phone every-time she rings you know.

Talking to each other constantly will ruin the attraction when you first start dating.

Here is what I do after a good date.

I ring her the next day, tell her I had a great, hope she did too, make some sort of funny comment, and go, “well, I gotta go, I’m pretty busy, so have fun, bye”.

As you noticed, I didn’t ask for a second date straight off the bat. I want her wondering about me for a while, building anticipation. I don’t want to come across as needy and desperate.

Don’t text her, don’t email her, don’t talk to her on msn, icq and don’t ring her for a few days, then out of the blue, ask her for a second date.

If she rings you, you can pick up and go I’m kinda busy right now, and can’t talk, so why don’t we meet up, Tuesday next week at this place.

She basically did the asking out for you by ringing back and you don’t come off as needy and desperate because you make it look like it was her idea!

Never see a girl more than 2 times a week when you are first dating for the first few months and you should be dating other women.

Chapter 10 – Step 9: Date Multiple Women

Most men think that dating multiple women at the same time is a wrong thing to do and it’s cheating. They couldn’t be farther from the truth my friend.

Men think this because women have told them that guys who date other girls at the same time are scum, yet they continue to date them....

I’m not talking about sleeping with millions of women every week, I’m talking about going out and having fun and meeting new people in a friendly environment.

If a woman says after a few dates, I think we should date exclusively, you have to ask yourself if that’s what you want, do you want a relationship, because that is pretty much what she is asking.

Just be honest with everyone you date from day one and there will be no problems what so ever if you want to date multiple women at the same time.

Just don’t cheat on someone if you said you would date them exclusively,

don't be a jerk and treat women badly, just be honest and have fun and they will respect you for it.

Bonus Article 1: How To Beat Shyness By Special Guest Author Peter Murphy Of Confidentiality

Even the most confident people have situations that cause them to be shy. Even famous personalities and very successful business people experience shyness at times. (if only they knew the best ways to overcome shyness) Shyness is nothing to be ashamed of and you can overcome it when you learn the right way to go about it. The problem is that you have not been exposed to accurate, proven ways to deal with shyness.

Shyness can be defined as having difficulty creating a rapport with other people. For many people, shyness can mean having a hard time thinking of things to say in a social setting.

For others it can include physical symptoms of apprehension.

For most people, it involves a combination of the two. Social behaviors that come easily to the average person such as smiling, making conversation, maintaining eye contact, and a relaxed posture are extremely difficult for the shy person to achieve.

Making friends and attending social functions may seem like a nightmare to a shy person. No one wants to stand in the corner alone, but a shy person may lack the ability to approach new people.

You can learn how to overcome shyness and build confidence by developing new habits and social skills. Shy people may have to exert a large amount of effort in order to start a conversation or attend a party. Determination is a key factor in learning how to overcome shyness.

5 Ways To Overcome Shyness:

1. Some of the components of shyness are lack of self-confidence and anxiety around others, difficulty carrying on a conversation, and a lack of knowledge about the expected behavior in social situations.

Shy people can be very intimidated by people in general. Learning how to overcome shyness may seem like an insurmountable task, but help is available to you through several sources.

2. You must first determine why you are shy. There are always underlying reasons for the way a person reacts in certain situations.

Next, try behaving in a confident manner in private and practice until you begin to see results in public. Walk confidently and speak firmly and soon you'll find yourself behaving the same confident way in social settings.

As ridiculous as it may seem, forcing yourself to act as if you are not shy can be very helpful in learning how to overcome shyness altogether.

3. One way to boost your self-confidence is to always look your best. Looking great makes you feel great and does wonders for your self-esteem.

Reduce your fear of rejection by always imagining the worst outcome possible in every social situation. Then if the outcome is less traumatic than you imagine, you won't dwell on the rejection near as much. Observing strangers and acquaintances and how they relate to others can be a great tool in learning how to overcome shyness.

4. If you are having difficulty overcoming shyness, join clubs or go to events that interest you. It's a lot more comfortable to engage in conversations with those who have common interests.

The initial conversation will be much easier since you'll already have a topic of conversation that interests you both.

5. If you do not have the confidence to approach someone new, then smile and try to be approachable. Most people are receptive to a smile and a friendly face.

You could also consider taking someone that you are comfortable with along to lessen your anxiety. Shy people are extremely reluctant to take the risk of approaching new people.

If you want to learn how to overcome shyness, you may have to make an effort to be outgoing initially, but soon your new habits will become natural and easy.

There are numerous resources available to you if you need help overcoming shyness. Professional advice and tips on how to overcome shyness can be very beneficial if you are having difficulty taking that first step.

A few days back, in the midst of my chaotic holiday shopping excursion, I decided to take refuge in a pleasant nook of the mall. While gathering my thoughts, I was presented with the resonance of a confident woman. Her black leather heeled boots well preceded her appearance.

Once in view, I would guess she was mid-fifties, dressed in form fitting jeans and a flashy, collared blouse. Her boots allowed a couple extra inches on her 5'2" height. She came and went in a flurry with the other holiday shoppers, but her essence lingered on beyond the completion of my rest period. I wondered what beliefs in herself did this woman have to carry herself such an assured manner.

Out of curiosity, how do you feel when you see another woman walking confidently past you? I am sure that you have had privy to a similar scene – she is taking long strides with her shoulders back and chin up as she strolls on down the way.

Sometimes you may think she is attractive (but don't want to admit it), other times you may think 'what the heck is she so proud of?' Does it ever irritate you that another woman might think that she is...as my little sister says..."All That"?

Confidence in one's appearance does not equate to vanity, nor does it equate to being condescending or arrogant. In fact, confidence is something that we, as moms and aging women, should all indulge in on a frequent basis. When we learn to look into ourselves to find what is right with us, we will begin to find the same steadfast gait within ourselves.

Instead of becoming irritated with those who exude confidence, we will begin to relate to the feeling. To reiterate a popular cliché, when our faces are toward the sunshine, we will not see the shadows. This can be likened to finding happiness within ourselves instead of pointing shameful fingers at unsuspecting passer-byes.

Building confidence can start with achievement. When was the last time you made a goal and stuck to it? I would like to believe that near the top of your list is the ideal of being fit and healthy. Let's take this one and run with it.

When I wrote Mom Looks Great, I wanted the moms who participated in the fitness program to have the option of this same confident walk as well as many other benefits upon the completion of Phase III, if not throughout the entire process and well into the maintenance stage. I wanted the reader's kids to notice that their Mom looks great! I wanted 'dad' or 'significant other' to acknowledge – "Yeah...Mom does looks great!" So what aside from the body does that "looks great" phrase entail?

Looking great is also the spirit within you that transcends your superficial

flesh. It is your aura, your charisma and your soul. This is why exercise and nutrition play such a vital role in helping you achieve your goal of looking great.

When you begin a healthy fitness program you begin to look great even before the weight drops and the muscles tone.

When you live this lifestyle, the changes began almost immediately! You will begin to sleep better at night (diminishing dark circles under the eyes), you will have more energy in the following days (gone are the tired grimaces when someone initiates movement) and deep inside your brain, the endorphins are throwing a jubilant celebration (therein lies your improved moods).

This is also what 'looks great' has to offer. The resulting weight loss and muscle tonality will come, but long after you already have a shine to your skin and a feel-good smile on your face. Even in these early stages people will begin to notice.

So then what do you do with the flattering comments people begin to give to you? When someone says you look great, do you graciously accept the compliment or do you find an excuse to deflect it? Even in our worst moments, a stray compliment could find its way to us and we need to be prepared to accept it with enthusiasm.

From this day forward, every compliment you receive **YOU MUST** accept with a smile and a thank you. After reading this article you are no longer allowed to counter compliments with self-putdowns such as "Ugh, [this excuse that you are wrong]" or "Oh, [I know you don't mean that]".

Remember that looking great is not always about the perfect body, the sharpest clothes or the healthiest hair. It is how you are perceived by those around you. Take your compliment and use it as a building block to your confidence.

Thinking back to the unknown female with the self-assured walk, how could you attain that same confidence? Begin with keeping your thoughts focused on your goals and the optimism of attaining them.

Follow it up with exercise and nutrition on a consistent basis and top it off with the sheer acceptance of all compliments, whether you feel they are justifiable or not. Feel proud about strutting your self wherever you may be.

Sure, some people may feel irritated just like you once may have been, but some will think that mom looks great.

In the end, feel happy for the woman who can convey confidence. You never know the trials she has endured in her life.

Whether she nearly folded from a devastating divorce, endured painful suffering from a terrible disease or even struggled for years to lose a detrimental amount of body fat.

Whatever her story, she finally feels a sense of victory. And, unbeknownst to you, inside she has also probably gained a true inner beauty that is evident only by those who know her well.

Guide To Dating Women for the Nice Guys

How Nice Guys, Shy Guys and Good Guys Finish First When It Comes To Women and Relationships!

There's a misconception that nice, shy and good guys finish last! I'm here to tell you it is far from the truth. While a lot of nice guys experience a life of being overlooked by the women they desire (which is usually because of their shyness), it's just a phase they go through to appreciate themselves better. Generally, that phase occurs between the ages of twelve through thirty. It can, and sometimes does, last longer.

Over the next few minutes, I will explain to you in detail why nice guys do not finish last anymore and in the foreseeable future! It's not as complicated as you think. Actually, it's so simple if you are a nice, shy or good guy it will give you hope that things will work out for you in the woman department.

However, there are three requirements that will assure you are at the head of the line when women begin to pick their life partner. The requirements, while considered small things, are very, very, very important. Want to know what they are? Keep reading!

There's a trend in the United States, and around the world, that's been ongoing for at least two decades. There are more girls being born than boys. That means there are more women than there are men. This may not be important to you right now but it plays a huge role as to why nice guys finish first and not last!

It is usually around thirty years of age that women begin to contemplate their future regarding marriage, kids and settling down. Unfortunately, at that stage in life many men are either in jail, on or abusing drugs, gay/homosexual, dead or lazy as hell. That leaves women with a small selection of men. And that is a best-case scenario!

This plays into the hands of the nice, shy and good guys! When women are left with such limited options they either:

1. Reconsider their semi-false criteria for men, or
2. Give up on finding a man

As a nice guy, there will be hundreds of beautiful, sexy and intelligent

women that will consider talking with you if you possess most of the qualities they need. Don't think you can get any woman you desire without having your house in order. No sane woman wants a man with more problems and issues than she has.

The question is, "What is it women need?" Unfortunately, many women don't know what they need or want. Yet, you can be around when they figure it out.

You do this by meeting the first requirement—become their friend. Now, I know what you're thinking, "I've been in that position before and the women always went out with someone else." Yes, that may have happened in the past. But today is a new day! The women are older; their biological clock is ticking, they're looking to settle down and the quality of men is dwindling.

Now, don't get me wrong. I'm not saying women are desperate. Many of them just want to be happy with a man who will love them, is responsible, assist with the household chores, bring home the bacon and don't mind frying it in the pan too! Basically, women want a partner to share their life with who is on the same page as them.

As their friend, you get to learn more about them, what they like, dislike and discover how compatible you are with them. And the beautiful part is you are free to be friends with as many women as you desire. Therefore, you get a larger selection of women and can decide who closely match your lifestyle and can meet your needs.

The key is to be sincere in your efforts to get to know the women you are interested in. Your purpose should be to determine the best woman for you and then focus your attention on that one woman.

If you use the guise of friends as a way to manipulate and get women to sleep with you it will backfire. It may not happen today but trust me something will go wrong. Whatever you do it's not a good idea to lead women on. "Hell hath no fury like a woman scorn." Don't ever forget that.

Now here's the fun part! As you get to know the women and they get to know you a few of them will begin to stand out from the crowd. Yet, there isn't a rush to pick one until you are sure of what you want and need. Have fun, go out, experience new things and enjoy your time with the women!

It is also a good idea to be very honest with the women. Let each one know you have other friends as well. Don't hide anything! Give each woman the

option to continue to talk with you or not if they don't like the idea of you having women friends.

This works in your favor and provides you with three benefits!

First, the women who continue to talk with you will appreciate your honesty, as it's something they rarely get from men.

Second, the women who don't stay save you from wasting your time and probably wouldn't be a good match for you.

Third, if you are sincere in getting to know the women and do not sleep with them, it shows they can trust you to be around other women and not have sex. I cannot stress the importance of this benefit.

Remember, there is a shortage of men in the United States and around the world. So, if the woman you pick knows she can trust you it's a plus and will go a long way in eliminating many issues that could have popped up in the future.

For example, I have a friend who knew I was interested in her. Yet, nothing happened between us for over a year. When I ended a relationship with my lady it opened the door for the possibility of my friend and I to spend time with each other and have fun!

My being honest, upfront and not making a move on her when I had a lady gained her respect and trust. If the friendship develops into more, she knows I would not do anything to jeopardize our relationship.

Being friends, honest and trustworthy is only one part of the puzzle. The second part is just as important. You need to have goals and strive to achieve them.

If you were a woman, would you want a man who isn't doing anything with his life? Absolutely not! Then why is it the biggest mistake men make is thinking women will deal with the bull and settle for an unmotivated man who is not improving himself?

I don't care what you think but having great sex will not keep a woman satisfied for long. Trust me when I tell you there must be more than hours of passionate lovemaking. Otherwise, you will be in big trouble with the ladies!

Remember, around thirty years of age many women desire to settle down, have kids, get married and hopefully live their dreams. A woman cannot see the dreams coming true with a nice guy who treats her good, sex her good

but doesn't make enough money to support a family. A woman knows stress and problems will definitely follow if she allows herself to get involved with such a man.

I'm not saying a woman's focus is on money. Yet, she doesn't want to have a partner only to suffer together when she could suffer alone. So, in theory, a woman believes when she settles down with a man that the combined income should make things a little easier than if she was with herself. You can split the pain and bills with a woman but have double the pleasure and fun! That's the bottom line!

You don't have to make a lot of money but it would be nice. You don't have to have thousands in the bank but it would be nice. You don't have to afford a house but it would be nice. You don't have to have a goal to be wealthy and rich but it would be nice. Just make sure you can meet her needs, make her life a little easier and she will truly appreciate you.

As a nice guy, you should have achieved most of your goals and have a decent income. While the women were discarding you and going for the guys they thought were fun you should have been busy pursuing and achieving your goals. If not, you wasted a golden opportunity to stand out from the crowd later on in life!

It should be noted that when women overlook a nice guy it's usually because he is, or looks, boring and just doesn't appeal to them. It's not a reflection on you as a person as much as women wanting to have fun and enjoy themselves.

Just because you are a nice guy is not the reason why women don't want you. That is ridiculous! If I have to be honest here, I would say you are plain and predictable. There are thousands of nice guys who date beautiful women that are fun and unpredictable.

I'm not saying you can't be predictable. Just change up and get a little daring at times. Live on the edge sometimes. Do things that are out of the ordinary for you that won't be too irresponsible. Just have fun!

So, take an honest look at yourself and determine if you present the image you desire to get the women you want.

Let me give you an example. My friend revealed to me she couldn't stand a man who doesn't have a backbone. She was always taking advantage of, and

walking all over, men. She wants a man to be “manly” and take control sometimes.

Fortunately for her, I am just what the doctor ordered and she has met her match. She laughed when I told her that but said, “I hope so because I need a man who will stand up to me. I’m tired of getting my way. It’s not fun!”

Do yourself a favor if you don’t have a backbone get one quick. Being nice, shy and a good man doesn’t mean you should give in to the wants and desires of the women you like or love. Please stand for something. If a woman leaves you for standing up for what you believe in then she wasn’t for you anyway.

As a nice guy, by the time you reach thirty you should be living comfortable. And you will begin to look like a good catch. You will have the “stability” and “security” factors a lot of women look for when selecting a mate.

However, that doesn’t mean women will want you. You must have your act together, not have any emotional or psychological issues and hidden agendas. A woman does not want to assume your problems when you could have dealt with them on your own before you met her.

Oh yeah, you’re probably wondering, “What happens to the guys who got all the women when I couldn’t get any?” Well, nothing happens to them. They will still be there. However, the women will wake up and realize that having a long-lasting relationship with them just won’t work. Especially if the men didn’t grow and mature. Most of them were players, cheaters, superficial, self-centered and can’t be with one woman.

Believe it or not many of them will be nice guys who converted to the “Bad Boy” in hopes of getting more women! The sad part is while they may have gotten more women they cannot keep them.

Once the women see you and realize that being a nice guy, shy guy or good guy is not bad after all you begin to look dam good and sexy too! Of course be careful because you need to identify what they want and need from you. And that’s where being their friend comes into play!

The average man often overlooks the final piece. Yet, as a nice, shy or good guy it is something you should be able to do with your eyes closed. Women want a partner who can hold a conversation on any topic and not always talk about sex and sports.

If you don't already know, many women are emotional and express it by conversing. You won't believe the number of women who are starving for stimulating conversation. It's an epidemic that's growing with the lack of quality men.

Male escorts make thousands of dollars by taking women to dinner, a company function and holding a decent conversation. If you don't believe me ask a male escort, "What do women want from men?" His answer will blow you away! That's how simple it will be!

Don't get me wrong they do sleep with women. But the majority of women just want company and companionship.

Believe it or not men who can be friends with women, have goals, strive to achieve them, show progress and can hold a decent conversation is a turn on for a lot of women.

However, when you decide whom you want to be with don't stop being her friend. Don't stop communicating. Don't stop doing the things that brought you two together.

If you decide to apply what you have just read knowing you are a no good man and only interested in having sex with as many women as possible, it will backfire on you. One or all of your women friends may physically hurt you!

My View of Things

My best friend and I believe women should be happy to have men like us in their lives. When we tell people this it comes across as if we are conceited. Yet, that is far from the truth.

We understand there is a limited quantity of quality men available to women. Since we pride ourselves on being real men we understand what we have to offer. In comparison to other men we are in the minority and in demand.

We don't go around meeting women just for the sake of it. To be honest, both of us are not involved in a relationship with anyone right now, have friends and focusing on achieving our personal and professional goals.

What we find funny is many women tend to write us off as "not being their type." Which is cool with us because we know we can't please everyone. We know it will always be the woman's loss if they don't talk to us.

Here's our thinking:

It is easier for us (men) to meet women who meet our needs than it is for a woman to meet a man who can meet her needs. Knowing this allows us to relax, take our time and be very selective with whom we decide to share our limited time with.

Therefore, we see ourselves as the prize simply because we know there is a demand for quality men who are responsible, motivated, goal-and family-oriented and so much more!

Here's the bottom line! If you know yourself and know what you bring to the table you can become more confident when talking with women (not arrogant). Only men who don't know themselves and lack confidence worry about what women will think of them. Those with confidence truly don't care what women think of them.

This confidence, while a turn off for many women, will also attract women to you. Just make sure you can back up what you say. Otherwise, you will be in trouble.

Implementing The Concepts

After completing the report, I realized there may be a few guys who have have problems approaching women. Therefore, they may not have the opportunity to apply the concepts. The only approach I know is the one that has worked for me 9 out of 10 times for over fifteen years.

At first, I was very hesitant about revealing my methods. I've only told them to my son and best friend. However, since I'm no longer partaking in the dating scene, it's only fair that I provide you with a few insider tips.

You should be warned it's a very simple, easy-to-implement method that really works. If you choose to ignore it that's on you.

How To Approach Women

The very first thing you need to do is identify the woman you desire to talk too. You must be able to observe her for at least five minutes before approaching her. This is going to assist you to figure out what you should talk about.

Let me explain. If you're interested in someone at work you'll know the guys that attempt to talk to her. The same is true if you go out to a bar, club,

movies, etc.

Your goal is to notice her reaction to the type of men that approach her. Pay particular attention to her body language. That's very important. She will subconsciously tell you the men she's interested in or not.

For example, if a woman is talking to a man she's not interested in she:

- May not smile a lot
- Tend to look around
- Doesn't make eye contact
- Positions her body in a way to end the conversation
- Just walks away
- Shake her head side-to-side
- Puts her hand on her hip, etc.

Please do not stare at the woman. I said observe, which means make eye contact briefly, smile and go on about your business for the next five minutes while taking a peek at her when she's not looking.

What you will find is the most beautiful women in any environment tend to attract the idiots. Want to know why? The idiots don't care what the women think about them. They want her and will do whatever it takes to get her.

Unfortunately, their approach is all wrong but I always give them an "A" for effort since few, if any, of the shy, nice or good guys take the chance.

Don't Be Desperate

The worse thing you could do is look like a man who needs a woman. You will be lonely for a very long time. Don't ever beg a woman to talk with you. Don't ever follow a woman around. Don't be sneaky, get her phone number and call her when she didn't give you the number.

The best way to get a woman is to appear to be in control of your life and not need one. Now this is a deadly double-edge sword here.

If you appear to be someone you're not and can't live up to the expectations you set, the woman will tell you in a few weeks, "You've changed." Which leads into additional problems you could have avoided. So, it's important to be you just not so darn desperate. looking.

Let me give you an example. If you see a woman you like, approach her and hold a conversation, do not exaggerate anything related to your life, don't say things that are not true. Don't mentioned any plans that you know may not

come true. In other words, just be honest about yourself without sounding like a lonely guy.

In my case, I would say, "I spend a lot of time on the computer running my online businesses and a single parent raising my two children. So, that leaves me little time to go out with women. Plus, I don't like to splurge too much as I invest my money in my children and businesses."

What did you noticed about my comment? It doesn't sound boring. Most shy, nice or good guys would have said, "I spend most of my time alone, surfing the net, meeting people, playing games, creating web sites, etc." That sounds like a person with social problems. It doesn't matter if you like doing that stuff it won't sound like fun to the woman.

So, be careful how you present yourself to women. Especially, if she's a beautiful one.

What To Say

Has this ever happened to you? You see a woman you like, stare at her, but don't say anything for a while. Then one day, probably after a few weeks for months, you make your move. Unfortunately, she turns you down and you feel bad.

I'm not sure how to tell you this but you screwed up! By staring or checking her out too long, you gave her the impression that you weren't assertive and you lacked confidence.

How does she come to this conclusion? Other men have approached her within a few seconds of seeing her. Although, she may not like them she does love the attention.

I just gave you a key element in talking with women....they love attention. But they don't want it from everyone. So, your initial approach should be simple and unique.

Depending on the situation and the women, I may say something like following that will lead into a conversation:

- I like that outfit you're wearing. The color goes well with your complexion and smile (you better be sincere).
- Are you always rushing? When do you make time to relax?
- That hairstyle really looks good on you. You should keep your hair like that!

Very simple wasn't it. Nothing fancy. And that's the problem with most shy, nice and good guys...we make things too hard when it shouldn't be.

How To Keep The Conversation Interesting

Never, ever talk about yourself unless the woman asks you a question. It's a big turn-off and you will come across as being self-centered. Your goal is to keep the conversation flowing.

The way you do that is by understanding what women want. Think about this...if you worked all day (week), didn't have time for yourself, had to take care of the children and house, how would you feel? Tired right?

Therefore, when a woman goes out she's looking to have "fun." She wants to escape from the real world for a little while. The way you help her is by talking about anything except sex, work and yourself.

Here's the one line I've used that never failed me. And I do mean never! "You look so happy and relaxed. You must have recently come back from an exotic vacation."

That question always got women to talk about them, their life, where they would love to go, and so on.

While she's talking you must pay attention because she will give you the next topic to talk about without even knowing it. And this could continue all night long. She will definitely enjoy your company because you will be talking about the things that interest her (it would also help if they interest you as well). See how simple that was?

One more thing. Since women are out to have a nice time they don't want to be bothered with a man who has an attitude and is always attempting to get in their pants.

Don't get me wrong. There are some women who only want one thing from you! □ However, most women want the total package or as close to it as they can get.

What To Do When The Date Ends

This is probably the most intense moment of the night or date. What do you do? Do you kiss her? Do you hug her? Do you shake her hand? The answer is simple. What did her body tell you?

You read that correctly! Did she touch you while laughing? Did she briefly

tap your leg while talking? Was she within your personal space for more than 15-minutes? Did she give you verbal hints? All of these things and more you must be aware of.

Let's say for argument sake, you wasn't paying attention but you think she's interested. The way you find out is to put your hands on her waist and gently pull her into you.

Don't kiss her. Just hold her close and tell her how much you enjoyed her company. If she doesn't resist or pull away there's a 90% chance you can kiss her with no problems.

If she doesn't allow you to pull her into you then keep your hands on her waist and say, "When are we going out again? I really had a nice time with you?" Regardless of the answer, give her a nice big hug, which can lead into a kiss.

Your goal at the end of the night is to be a gentleman and get the second date. Now, if the woman asks you to come home with her for a night cap that's up to you.

What To Do Afterward

This is where most men screw up big time. The day after is the perfect time to establish who you are as a person. Yet, many men don't call, email or do whatever they claim they were going to do.

When you're dealing with women be consistent. If you say you're going to do something do it. If you can't do it then at least call and let them know.

For example, if you said you will call at a certain time but realize you can't then call earlier and let her know. If you know her email address send a quick email too! Those little things will help you stand out from the rest.

Remember earlier I mentioned most women are looking to have fun? Well, the second date should be one where you two could laugh i.e., comedy club, funny movie or play a fun board game.

If there is a connection between you two try not to move too fast. Take your time, try not to talk too much on the phone. Try not to see each other too much. Eventually, the newness of the relationship will begin to wear off and you'll get back to your normal habits.

This is when reality kicks in and you start seeing things you never noticed

before. Why go through that? Just be yourself from the start and everything will work itself out.

Always remember when it comes to relationships and dating time is your friend not your enemy. So make sure to take your time.

Closing Thoughts

What I just covered is a simple yet powerful way to get just about any woman you desire. To be honest, I wrote this for the nice, shy and good guys. If you don't fit the profile of a nice, shy or good guy this report probably won't make sense to you. You won't have the relevant experiences to fully comprehend the ideas and concepts presented.

You will say, "This is too simple. It won't work. Why did I bother to download this stupid thing?" By all means continue to think those thoughts. That leaves more women for my friend and I along with the other nice guys out there.

And by the time you figure out what's really going on, the good women will be snatched up by the nice, shy and good guys. You will be left with women who might not meet your needs.

I'll give you another benefit of using this report. You can have some of the most beautiful women attached to your arm when you go out on the town! Many of them are home alone waiting for a nice guy like you. All you have to do is be sincere, be their friend, hold a decent conversation, pursue your goals and treat them with respect. And don't forget to be a little unpredictable.

I make it sound so easy don't I? Well it is! Just know when you apply the information in this report you will only attract "real" and "good" independent women who have something to offer you. And you better be ready to reciprocate. If you're a slouch I feel for you! Your feelings will get hurt!

I know you're probably wondering, "What about the other women who are not real and good?" They may be several of the women you select. Yet, being their friend first will allow you to see if they have major issues and problems that you may not want to deal with.

Too often nice, shy and good guys have self-esteem issues and pick women with problems so they can be their saviors. Unfortunately, you get yourself in a relationship with a woman you shouldn't be in. Some women may be too

needy, have emotional issues, baby daddy drama, family issues, are seriously confused and much more.

I cannot stress the importance of being friends with women before you consider seriously dating them. If you forget everything in this report do not forget that. It will save you from wasting a tremendous amount of your time and money!

Two more things before I end this report. It's important you have a life outside of your lady. While women love attention they also like their space and time for themselves.

Being a nice, shy or good guy doesn't give you permission to smother woman. If you are unable to give the space needed then don't bother to use the information in this report. It will not work for you.

That's why the first requirement is to become a woman's friend so you can discover as much as you can about her and how compatible you are with her. You must be honest with yourself, know what you need and want before you can identify if a woman is the one for you.

Without that information you will continue to fail in your attempt to find a woman. Like I said earlier, get yourself together and prepared for the opportunity to meet the woman of your dreams. If you ignore working on you, women will enter and leave your life like people entering and leaving an office building through a revolving door.

Second, I know many women will take offense to me stating, "...around 30 years of age most women desire to settle down, get married and have kids." I don't mean it to sound like it's an omen or something bad. It's just a common occurrence among many women.

Just like when women go through menopause around a certain age. However, based on my experience more than 85% of women will fit the profile I outlined above.

Sure, you will have many independent and career-oriented women who don't desire those things. Yet, one cannot deny the fact that the majority of women want to experience life with that special someone.

When you understand this and possess the qualities women desire whether you are a nice guy, shy guy, good guy or not a good guy, women will want to learn more about you. And that is the key...they will want to learn more

about you.

So you see it really doesn't matter if you're a nice guy, shy guy or good guy. What matters is how you treat a woman, what are your motives, how compatible are you with her, do you meet her needs, can you hold a decent conversation and did you work on your issues before you got involve with her.

Be you, get women interested, keep them interested, be honest, grow as a person and continue to enjoy each others company. It's really that easy!

I wish you much success in your pursuit of the perfect woman for you!

Resources

Avoid the five fundamental mistakes of female stimulation.

Be the best lover she ever had! Experience sexual pleasures and performance other men only dream about! Visit:

<http://www.mrgoodman.com/sexual-mastery.html>

How To Attract, Date And Seduce Beautiful Women So Easily, Other Men Will Be Shocked At Your Success! Uncover Powerful Insider Secrets That Will Skyrocket Your Sex Life And Make Wonderful Women Beg You To Date Them – Even If You Are Bald, Fat Or Ugly! Visit:

<http://www.mrgoodman.com/attract-women.html>

Become the stud you know you could be and date three different HOT women within the next 30-days or you get your money back! Visit:

<http://www.mrgoodman.com/dating-tips.html>

Secrets of Cheating Wives Exposed! There is finally a guide that women around the world do not want you to know about! If you think men are cheaters you don't know much about women. Get the insider secrets on how women cheat. Visit: <http://www.mrgoodman.com/cheatingwives.html>

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<http://www.mrgoodman.com>

Discover How To Identify A Good Man/Good Woman in 30-Days or Less!

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How To Date Online

Online Dating

Online dating is very popular today with the advances of technology and the increase of people who use computers. Online dating is a system for organizing a date and can be an excellent way to meet that special someone.

Today, online dating is one of the most popular systems for meeting someone new to go on a date with.

There are many online dating websites you can visit and see people who are looking to meet someone new. You can post your picture and create a profile on one of them too.

This will allow you to tell everything about yourself. This way, people can see if you enjoy the same types of activities they do and you can see if certain people look to be like someone you might be interested in.

Online dating has proven to be a successful method for meeting people and setting up dates. Many people have continued their relationships and even been married through online dating methods.

All relationships through online dating aren't successful but you may meet a new friend if you are not compatible for dating.

When you consider online dating, it is important to remember you need to be safe. The Internet is not always what it seems and people are not always honest with everything about themselves.

You should be sure when you go on your first online date you are somewhere you feel comfortable with and be sure to protect yourself at all times.

You can have a fantastic experience and meet your perfect match but you don't want to be a statistic because you believed everything the other person said on the Internet.

Online Dating Tips for Men

So you've just joined an online dating community. Do not be discouraged when your prospect dates have not yet responded to your queries.

Women members of online dating portals receive an average of fifty to 200

queries from other members of the opposite sex. This means she's just taking time going through all the queries she had received. You need to be a bit more patient.

Have a proactive approach when it comes to online dating. Focusing on one woman would reduce your chances of landing a response.

Try sending messages to different women in order to bolster the probabilities of getting a good response.

Carefully choosing your would-be dates is a good thing to do since this would help you land the dates who have the same interests as yours. However, don't be too selective.

You have to try creating a unique profile when sending messages. Make it stand out because there will be a lot of messages for one woman from other members of the online dating community.

Starting out with an interesting user-name is favorable. In addition, read through the profiles of your intended partners in order to incorporate a few things they like on your own profile, but keep in mind to include just the things you are actually interested in.

By doing so, your prospective partners will read through your profile after receiving a query from you and end up remembering you because of the stuff that's on your profile.

She may even feel that you took the time to read through her profile and subsequently establish a connection with her.

Be truthful about the things you put on your profile. Lying about stuff will just ruin your entire reputation in the online dating community.

In addition, it will be harder to correct lies whenever you and your dates have known each other better. It would also prevent you from enjoying while you're on a date with the other members of the online dating community because you'll be too careful to cover up all the lies you've told your dates before you got to go out on a date with them.

Online Dating Tips for Women

Women in search for a knight in shining armor in real life dating should not lower her standards while searching online.

She should keep her dream of having a prince charming to the rescue. But

having big dreams does not mean being too selective.

Women should be selective but they should not limit their options exactly to their ideal man. Limiting your options will decrease the possibility of having a good catch.

Create an interesting profile. This is one way to attract your prince charming. The content of your profile should be honest and true if you are looking for someone who'll be your partner for a long and intimate relationship.

Thus, put something on your profile that can make a good first impression. This impression should also last a lifetime. Keep in mind to upload a photo with your most attractive smile.

Avoid overly sexual photos – upload sexy photos, but limit it to PG13 viewing.

Let's include your safety. Make sure your common sense is working well. Do not give your personal home address to your online date. If you plan to meet up somewhere, have someone to accompany you or know about your plans.

If uneasiness is felt while being with your date, you have the right to stop and cut all contact off between the both of you. It is better to be safe than sorry.

Online dating is a rapidly growing activity. Better hurry and carry on these tips to start your wonderful search for your partner.

Long Distance Dating

Long distance relationships and dating occur when two people live far apart from each other and are unable to see each other but on holidays, weekends, or on vacation.

Long distance dating can be very difficult for some relationships if the people want to be together more often. Some people enjoy long distance relationships because it gives them the time apart from each other to fully appreciate each other when they are able to be together.

Some long-distance dating may not last a long because they are too difficult or one of the people in the relationship may end up moving closer so they can be together.

When couples experience long distance dating they are usually able to see

each other on the weekends if the distance isn't too far apart.

If the couple is too far away to be able to see each other on the weekends then they will use their vacation time from work and see each other on the holidays. Whenever they can get the time available they will see each other.

Many people take advantage of airline miles and earn free tickets to fly and see their significant other when they are long-distance dating.

The couples are able to communicate by phone, email, and other methods, but they can only see each other when one of them are capable of traveling.

Long-distance dating can be difficult for some people if they find they want to see more of the other person and the distance is just too far.

However, it can be good for a relationship to have the time apart because when they do see each other the two are extremely happy to be together and they don't take each others time for granted.

How To Go Dating

Double Dating

Double dating is a fun way to go out and have a good time with your significant other. It gives your date the opportunity to meet your friends and it also can provide a comfortable experience for someone who might be a little nervous to go out on a one-on-one date quite yet.

Double dating is an excellent idea if you want to meet someone new and you aren't quite comfortable with being alone with them yet. You can invite a couple you know to come along too.

This allows for you to be around people you are comfortable with while you are getting to know your date. Some people like to go on a double date first so they are not so nervous on the first date.

Going on a double date also gives your date the opportunity to get to know you through your friends.

It might be a good idea to invite a couple that will say good things about you if you really like your date and you want to see them again.

Your date can get a good idea with the type of person you are by who you are hanging out with and the things they say about you.

It is a really good way to get another perspective on the person you are going out with or if you want your date to know more about you.

Double dating provides a comfortable experience when you don't want to go out with your date alone but you do want to get to know them.

In addition, double dating provides an excellent way for you or your date to see how both of you interact with your friends and get a different perspective.

Kissing Tips on a Date

Usually, you shouldn't go all out with a kiss at the end of a first date. First date kisses mostly involve light pecks at the cheeks or even on the lips. These kisses should only be allowed once you feel comfortable enough with your date.

The right time to kiss is usually the most romantic moments of the date. When you feel that you're close enough to your date while having fun doing a set of adventurous activities, this might be the right time to kiss.

If you're talking while having a quiet walk at the park and you notice that he's looking directly at your eyes, this is usually another one of those right kissing moments.

Try to look at his eyes and see if he's sincere enough to give you a light kiss on the lips. You'll usually feel if it's just the right time to kiss.

Sharing moments are usually the best times to kiss on a date, especially if you're talking about something personal.

The situation doesn't need to be dramatic and serious to kiss. The right moment to kiss during these sharing moments is when you feel comfortable sharing your personal perceptions and experiences with your date.

At the end of the date, you can give him a light peck at the cheeks if you had fun with him on your first date after he has taken you home safe and sound.

You can give him a friendly kiss on the lips if you happen to have fun with him again on your second date. Afterward, a fertile imagination is all you need when it comes to the kisses you'll be having on your succeeding dates.

Dutch Dating

Dutch dating means that each person will pay for themselves when they go out on a date. This method of dating is often the best when both parties are new to each other, independent, or just friends.

Many people often like to go Dutch because they are not comfortable with someone else paying for them. This is common with women who are liberal or independent in their thinking.

It is also common if funds are low for both parties. Both people will split the costs of dinner and any other activities chosen to do on the date.

They also might meet at the locations or drive themselves so the other party isn't responsible for their transportation.

Dutch dating can be extremely casual and creates a comfortable atmosphere many people are happy with when a relationship is new.

Some people just aren't comfortable with someone else paying for anything for them until they get to know them better. In addition, they don't want to

feel as if they owe them for anything later.

Dutch allows the date to go in a successful manner without the feelings of being 'owed'. In addition, many women understand the expenses associated with dating and don't believe it is fair that they guy should pay for everything, especially if the two go to an expensive restaurant and do something even more expensive later.

Dutch dating is common for people who are not comfortable with someone else spending money on them.

There are many liberal and independent women who are very proud who prefer to pay their own way also. This creates a comfortable atmosphere because no one feels like they owe them for anything later.

How To Make Dates More Enjoyable

Making Dates More Enjoyable and Fun

Most people are usually nervous when it comes to their first dates. This can make you look like someone who had taken gallons of coffee before the date.

Long silence is always between your conversations with your date, and you are hoping to come up with a few funny lines that can crack the ice.

But sometimes, you're too late because your date has decided to spend her time with someone else.

Usually, first dates are spent in places where you can sit and talk with your date in order to know each other better.

Some go to the movies, have some coffee at the local coffee house, or dine in an expensive restaurant so as to impress their dates.

Dates like these just need a little jump-start to be more effective. Try adding some adventure or do a set of enjoyable activities together in order to have fun with your dates.

Some men take their dates to an adventurous place. They go to a few local destinations or historical places within the area. They go around these places whilst having so much to see and many things to talk about. These are times when you don't need a funny line to break the silence.

In case of rain, you can't go out and have a walk at the local park or other outdoor spots conducive for talking and knowing each other better.

On the brighter side of things, you can go indoors. Try some shopping malls. There, you can find a wide variety of places to have some coffee.

Drinking coffee doesn't take four hours or so of sitting and doing nothing since you can talk to your date and get to know her better.

After some time, try inviting your date for a walk at the mall. Go shop for small things with her such as clothes and CDs.

Save some time to go bowling, play video games, or find a bookstore to share your interests with her. The main idea is to interact with your date in order to know her better.

This will surely provide you with a means to bolster your chances of landing a date that can lead to love and romance in the long run.

With this in mind, go and check out places near you for fun-activities you and your date will surely enjoy.

Dating Etiquette

When you go on a date there are certain things and ways you should behave. Of course you want the person to get to know you so you shouldn't try and be someone that you are not.

When you go out on a date you should look and dress nice. This will show the other person you care about your appearance but you also care about what they think about you. If you don't care about what the other person thinks then you probably shouldn't be going out on a date with them.

Depending on the person you are taking out you should also remember to open the car doors and all doors for your date.

If the woman you are going out with is a feminist, then let her open the doors and do things for herself or it will bother her. She also will want to pay for her own meal.

If you are not going on a date with an independent woman who is a feminist then you should open the doors, be on time when you pick her up, and be prepared to pay for the entire date.

Don't take your date somewhere you cannot afford and never find yourself asking your date for money to cover the bill.

Dating etiquette also includes not making the other person feel as if they are on an interview. It is common for people on a date to ask many questions and they just want to get to know the other person.

However, don't make them feel as if they are on an interview or you might scare them off. Be sure to create a comfortable atmosphere.

Key is to energize the other. Do something to get the limbs moving! It is sexy, a body in movement, and very relaxing. But don't sit there leaning with your elbows on the coffee table!

How To Go For That Date

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Firsts, these are very memorable events you could not deny. They may come in very varied ways but they share that common effect which is something that stays within the person. First date, what do you think about it? When the time comes that you are about to experience it or even not just the first but any romantic date for that matter, you have to carry with you tips that could make that one ordinary night or time that would let you reminisce it even years after.

- * Relax as the date starts; get a drink for both of you if you see the need of doing so. But of course it has to go with a very nice conversation for this is what really matters. A fine start would surely carry the positive vibes all throughout the moment.

- * Be attentive, and this does not involve the ears, you need to observe those unspoken words and signs from the other person. Be sensitive, it really matters a lot.

- * Do not think about the event in a very serious demeanor. It may just put you under so much pressure. Think of the fact that you are here to get to know each other, have the best time and make the most out of the special event of your lives.

- * Avoid dominating the conversation especially for men. Make it sure that your voice volume is in moderation and you talk with the person in a sincere manner. When you do this, you would be listened to not only on that very time but in more conversations to come. You have to remember that generally people love it when others listen to them.

- * No discussions about ex-partners and of course about sex. This goes out both ways, no matter how the other person tempts you, be reminded that when out on a date, and you are in a conversation about such matters, less is more.

- * Give the singular focus to your date. Do not be too distracted with other people around you, no matter how attractive the woman in at the next table is. Any person likes that attention from the opposite sex. Keep focused.

- * Be witty. This is the most attractive point you could flaunt to your date.

Nothing beats having a really fun but wholesome conversation. You have to think of the fact that the date you have this time around would be your ticket to the next date or dates. So, do well, let go of those light and gay thoughts.

These reminders would let you try to check and recheck if you are doing the right thing and you are indeed doing what is right and what is impressive for your date and for the event as a whole. The following are tips that would let you get the best scores during the very date.

And, the best reminder you could give yourself is “I am confident, I am going to have fun and I am going to meet the one.”

P A R T – 2

Three Keys to the most unforgettable date

Dating is such a fun experience for whatever age it is, there is that different feeling of fulfillment and sheer joy as you meet a person you seem to have interest with. This is a means of finding your future life partner. It could also be a way of getting to know you better for through dating, the side of yourself that you are less familiar with is being unraveled.

When one is out on a date, what must he do in order to make the date worth a memory to cherish? Are there strict guidelines to follow? There are actually none, but there could be helpful tips in order for you to make the most out of your date. These tips are really important so that you would be able to act well and enjoy the rest of the time you have with that special person.

* Observe punctuality.

Time matters in almost any meeting or activity, it matters most in a date especially if it is the first date. Cliche as it may seem but first impressions last and you have to take good care of your date's impression of you. It may mean something negative if you fail to arrive on time. You may have all the excuses, but you have to show the best efforts in order not to be late.

* Remind yourself that you are just excited and not nervous

That strange pump of your heart is just going to distract you from doing well and enjoying your time. Well, it is but normal to feel that way but do not allow it to swallow you and stop you from doing the things you wanted to do. If you cannot stand the feeling, see to it that you divert that emotion to something that is more positive. Instead of feeling nervous, you have to

remind yourself that you are just excited. This could really help you ease the burden of being worried or pressured. Being nervous does not help out, drop it off.

* Honesty is still the best policy

You do not have to impress your date by telling tall tales. Sincerity and honesty would always lead you to that acceptance from others. With your honest way of opening yourself to that person you choose to go out with, you would surely reap a warm and honest treatment as well. You could appear impressive without being dishonest. When you are true to what you say and feel, it exudes.

These are just three of the most helpful tips that could make heaven out of your date. Remember, it is the first step to find that lifetime partner you have been waiting for. For more tips, you could find them online. But for the best three tips, stick with our advice.

How To Deal With Online Dating

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It is fun to date online- you get to imagine what the person you are talking to is like. There may be web cameras and headsets that would lead you to knowing the other person closer but of course, meeting in person is far different from online dating.

Just like the typical setting in our mind, it is really stressful to know that one day, you are going to meet and go out on a date with the person you used to chat with only. How would you be impressive? What would you do so that it will not be your first and last date? Confidence says it all. When that day comes, all you need to have is the reliance in your self and the thought that things will be dealt with naturally. Pretensions are never helpful.

Do not put much pressure on your self and on your date. Treat it as a night of fun no matter what your purpose is- whether you are looking for a night of excitement or hoping to meet your partner for good, you just have to deal with the date with enthusiasm and not many expectations from your date. You just have to enjoy the company of the person with you. It is only the first- so, whatever happens next depends on both of you.

Confidence could be derived from mind conditioning. When you think that you are a person of confidence, it is surely to exude. Could you imagine these people who arrive in a party with all people turning their head just to have a look at that man or woman? You do not have to be very beautiful or be very sexy just to achieve confidence. When you are confident, everything beautiful and sexy follows.

Being insecure is never good. When you feel this way, try to divert your attention. Ask your date questions about her. With that, you can somehow evade the situation where you have to answer questions.

To make a more exciting date and keep your self away from the questions you are not comfortable with, it would be wonderful if you find a similar interest between the two of you and go out. Trying the things or activities together would be very interesting. You could talk about your past experiences about those happenings.

The top most point to remember is that you are a special person who

deserves to be happy. You must never be insecure because we are created with individual strengths, we must flaunt them and be gutsy. With that, we could meet people with self-esteem.

Who knows? With this confidence, you will finally meet the lifetime partner you have been waiting for.

P A R T – 2

Risks of Online Dating

Dating seems to be a very exciting term. It would mean a new phase of a person's life a head. Whatever the purpose of dating is, one must always be responsible and by all means be cautious about being into this kind of activity. Since you are getting involved with unknown individuals, you must equip your self with the necessary protection or security whatever risks there are. Yes, there are risks...

Online dating is of course, safe from outside risks since it happens with a distance between the people involved. However, there is a consequence with the majority of those involved to meet the online partner they have. This is when the risks start.

According to studies in the US, Dating violence is rampant among adolescent girls, especially those reporting having had the experience of coitus or sexual intercourse.

Adolescent girls who were hurt by a date on purpose in the past year are more likely to experience sexual health risks, such as having the possibility to acquire human immunodeficiency virus infection and other sexually transmitted infections, unwanted pregnancy may also happen out of the blue. Sad to say, unwanted pregnancies resort to abortion in some cases.

Women are physically weak. There are a lot of possibilities that they are being taken advantaged of by their dates. The objective of online dating is noble, but there are these people who are using it as a venue for their worldly wants. The local governments are now integrating this issue in their health programs for women as well as the local agency in responsibility for crime-related aspects must do their share.

As for the adult women who are into dating, most of them are out due to long-term relationship heartbreak and so they are there to meet anyone possible. This reason pushes them to the risks of meeting the wrong man but

still believing that he is right. With that, they are prone to possible sexual abuses or other forms of abuse.

The most common risk in online dating is both financial and emotional in nature. Financial risk comes in the form of scam. You must be cautious and try to read between the lines if the person is just playing around. The emotional risks are results of having like a married date and so forth.

Dating, companionship and courtship are really good for us but some comes in disguise- they are hidden black agenda, so be careful.

How To Prepare For A Big Date

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In Preparation for the Big Date . . .

After the invitation to have a date with you, yes you could rejoice a bit but this must not take you for so long, you need to prepare for the day, the real day that you have been wishing for to arrive. Your preparation matters most. When you do not know what exactly to do, let us lend you our guides.

These are the tips that would surely let you walk the right path for the date you have pictured out:

- * Set an early date for that date.

When you set such a date weeks after, it could just make your patience brittle and it would just pile up stress unto you. At first, you may feel that excitement inside you but as the days grow longer, you may get more and more impatient.

- * Choose a less formal venue

For the first date, it would not be too comfortable if you choose a place where you would feel stuffy. Better have in mind a venue that is less formal but more fun. The too much formality thing may just stop you from getting to know each other well.

- * Lunch time for the first time.

To all those who are having a “get to know each other date”, it is advisable to have an early date so that rushing plans to make the time special may not happen. There could still be that romantic touch though the sun is out.

Evening dates may come after the first date.

- * Think more of the person not the place.

Pressures about the venue, the food to order and the clothes you would wear. These are just secondary and they do not have to post so much pressure on you. If you allow this to happen, you would surely get carried away with the pressures and forget the real purpose of the date.

- * Informal but not scruffy

As mentioned above, you have to choose a venue that is less formal but it does not mean that it has to be scruffy and you do not have to look as one scruffy thing as well. Look presentable though not that very formal.

* Your wealth is not the topic

There are a lot of fun and light things to talk about, do not brag about what you or your parents have. This would not be so nice for a topic that may just spoil the rest of the time. Humility would surely be a ticket to more dates.

These are just some of the many tips you need to have in your heart so that you would also have those good memories to be brought about by the great date you have. Of course, you have your own way of making this day special too.

How To Date An Office Mate

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Love or any of its elements seem to bloom in any place- even the places you least expect it to grow in. Workplace? It is not that impossible at all. It is even one of the best venues to search for a prospect life partner since one is more aware of what this other person is. You work with that person so you get to know more of him inside and out. On the second thought, is it a bed of roses in all angles?

The answer is of course- NO. In whatever form of romance story, there will always be these villains. But, what if you want to go out and have a date with a co-worker?

Just imagine this: a male co-worker sends a present to you, it will surely be a big-hot issue for the whole office. The bigger issue to face is the negative consequences entailed by the romance you choose to have. There are some reasons why office romance is not allowed by some companies. Therefore, be sure to make your self aware of the internal rules of the company. For some, it is a grave offense and an employee will be terminated from work.

Romance at work will greatly affect an employee's decision-making. With this, team efforts and some team tasks will really be moved by couple-employees. It is a fact that once personal life is inserted in professionalism, trouble might bite.

Another picture is that for couples, what if one gets the promotion over the other? Yes, they are lovers but there will always be that "ego" thing since both people are having the same job. Professionals as they are, they have that aim to be at par from the rest of the employees.

Reassignment is another issue. Some companies' reassign one of the persons to another task just to overcome assumed affects which may not well for the company. If the reassignment of the other person is not favorable for the relationship, it will plunge down their good performance. Thus, it affects their over-all production.

When a couple is constantly together, it will also affect the team tasks where may one of them join into. Other co-workers will also be affected and intimidated.

Despite all of these negative effects, there will always be that positive thing about romance at work. You meet a partner who could understand you and your mood swings because you share the same pressures of work.

When you are just on the dating stage, see to it that you do it as discreetly as you could without triggering some possible gossips that may just affect you and the person involved. Being professional includes knowing how to put that margin between your workplace and your private life.

How To Ask Someone On A Date

No more hesitations, this is the moment you have been dreaming of and only you could push it to reality. But, how could you have that dream date? Of course, you have to start from the top. And, that is to ask the person you are interested out on a date. Well, how could you invite a person out? Do you need to be aggressive? Do you need to play safe? Tips to ask someone out would surely be a great help for you.

The following are simple but very essential tips you could lean on in times that you seem to find it hard asking a person for a date. For men, these tips are really great help for you invite that person in your mind.

- Know the right reason or reasons for asking a person out. When you know your purpose, it would surely have the idea of how to express it in a medium that you are most comfortable with.
- What if the person says no? Save that part of you and prepare to whatever the answer of the other person is. Do not take the “no” so heavily. Learn the beauty of grace in such times.
- In order to say well the words you want to express, you may try to do some practicing in order for you to get conditioned of how to say such lines you needed to tell the person you want to be with.
- Be sure that you have the most important details you have for the date in mind. The person might say “yes” and you just do not know where to go, that would be a real “turn off”. As much as possible, be ready with ideas.
- See to it that you know how to answer whenever the person asks you why you are asking her out. You do not have to be a very huge flatterer but you have to make sure that you make the person feel good. This way of showing how much thoughtful you are.
- Never pressure a person to go out with you. This is not healthy and it would even branch out to negative outcomes.

Remember not to pressure a person to tell you why it is a “no”.

- Do not stand people up. This means that when you ask a person out, you mean it and you do not leave her just expecting for nothing at all.

- If the person says no, do not be bitter about it. You just have to move on and never treat the person unwell.

- Having some beer just to boost your confidence is a no. It may just push you to worse situations. You have to be naturally confident.

- The more, the merrier but not for a first date. When you are out to ask a person for a date, do not do it when she is with a circle of friends.

These are really useful tips and you have to take note of them, they would surely help you out in maximizing the time you spend with that special person.

How To Keep Positive During A Divorce

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If you are someone that is facing a divorce, you may be feeling very depressed or emotionally in distress. These feelings are very normal. You cannot predict what is going to happen when you get married. Some marriages work and others do not. It is important to understand that this is not the end of the world and things like this happen all the time.

You are not a bad person because you are getting a divorce. If you and your spouse cannot longer get along, there is no reason to live together in a situation that makes you unhappy. You need to worry about your future and the well being of yourself and your children if any. Sometimes a divorce can be avoided with the right consoling and other times, there is just no hope.

You have to keep positive when you are going through a divorce. You cannot let yourself be taken down by what is happening around you. If you are being accused of untruthful accusations, you have to keep strong so that you can defend your name and your reputation.

Do not give up. You have to be able to fight for what you think is right until the end. If you are determined to get something that is rightfully yours, you need to stand up for it. Getting what you want in a divorce is not always possible, but you do have to keep up a good fight for it. You have to make sure that you are doing this so that you can keep up your positive attitude about what it going on.

Keep yourself surrounded by others that are positive as well. Keeping your friends and family around you is important. You need to keep having fun and laughing when you can. This will keep you in a positive atmosphere and keep you ready for what is ahead.

Once the divorce is over and done with no matter what the outcome, you have to be ready to go on with your life. You need to be ready to get on with your future and to make your dreams come true. Your life is not over even if you think that it is. There are always second chances and you deserve to have one. Your time will come for love again and if it does not, you will know that you are better off without the other spouse. You can make it on your own and have a good life.

P.S. :

What parents need to avoid when getting a divorce

When you are getting a divorce and there are children involved, it is important to be careful how you react in front of the children. After you tell them what is going on and explaining to them that they are still loved by both parents, you do not want to upset them in any way. You need to make sure that the children are feeling safe and secure knowing that both parents love them.

You should never have a fight in front of the children with the other parent. This will be very disturbing to the children and may cause them to be fearful of what may happen in the future. You should not speak in a bad way about the other parent as well. You have to be very careful not to call the other parent names or talk bad about any thing that they have done.

Never keep the children away from the other parent unless they are in danger of anything. You should let the children see the parent when they feel the need to. Let them know that they can call them anytime and you will be happy to drive them to see you're soon to ex spouse's residence any time that they want.

You never want to distance yourself from your children. You have to keep up your responsibly of being a parent. You need to communicate with your child and be a good parent. It is a hard time and can be very depressing for a lot of adults. It is important to keep up your strength both physically and emotionally for the children's sake.

Do not try and buy the child's affection with gifts and money. You need to spend time with them and let them know that they are the most important things right now. You need to keep all of your promises to them and do not abandon them for any reason. If you say that you are going to be there is a certain time, you need to be there.

If you think that the child needs to have therapy, you should make the necessary arrangements. Do you feel your child needs to talk to someone, if they need to talk to a professional let them, as this is going to help a child in the long run. It is crucial to the children to be able to discuss their feeling and to be reassured that they have nothing to worry about concerning the divorce. It is nothing to be ashamed of and the child should be made to feel comfortable about all that is going on around them.

How To Help Children Through Divorce

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Divorce is a very hard time for everyone to deal with. It can be very hard on a person emotionally and physically as well. This is especially true for children. They have to have the proper help during this difficult time. They need to know and understand that it is not their fault and that both parents still love them very much.

Parents are going to have to work hard at putting aside their anger and hard feelings toward each other. They have to sit down and make an arrangement that will be suitable to them and to the children. This is going to be much easier and less painful than having to go into court and have them decide this for you.

You have to be able to pull together with your spouse and help the children. This is the only way to help them through this hard time. If one parent decides to go against their commitment to help their child the responsible way, you should still keep your values as a parent and help them the best that you can.

You should not keep the divorce a secret from the children. You need to tell them when you make your decision and what is going to happen. Try to give them at least a little bit of notice before the parent moves out so that the child can have the time to deal with it and ask questions. Reassure the child that both parents are still going to be there for them and that nothing has changed in that sense.

Do not put blame on anyone when you are talking to your children. Do not put down the other parent in any way. It is important that the children know that they still have two dependable and trustworthy parents to take care of them. Let them know that it was a mutual decision and that you both did your best to avoid this ending.

Make your child aware that they are not going to be able to get the both of you back together. Tell them that there is nothing that they can do to make the situation go away. Also make it clear to them where they are going to live and that they can see the other parent any time they want to. You can tell them that there may be some changes in that later on, but it is not going to

affect their relationship. Give them the opportunity to ask you any questions that they may have for you both.

Giving the child the right information and not too much information is important. You do not want them to feel anxious or worry about anything that is not their concern. They have to feel comfortable with the news that you told them and give them some time to adjust to the idea.

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How To Deal With Sorrow

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While the term depression has been commonly used that people tend not to take it seriously anymore, it is a very serious condition that could impair one's life. Depression is very difficult. It can debilitate one's normal functions, making even the most mundane tasks such as getting up from bed or eating breakfast seemingly difficult. It is sad to think that a lot of depressed individuals are not treated because of the high costs of therapy. However, coping with depression is still possible without professional help if one knows depression management. Here are a few things that can help people deal with depression, it is important to note however, that professional therapy is still very invaluable with serious depression. These steps are just suggestions for alleviating the condition.

Staying active is one way to take one's mind off depression. Primarily, activities help distract people from whatever it is that is causing their depression and it also helps channel unspent energies that build up when one is depressed. Keeping active also releases endorphins – natural mood boosters that somehow cheer people up.

It is also important to take a rest. Being depressed can be very exhausting, so it is essential to regain strength and energy if one is to deal with depression. Relaxation techniques can help one be more attuned to the self and be more at peace. When resting, stressors should be kept away from the bedroom so that ample rest can be obtained.

Depressed people should also express their emotions. Depression usually results from suppressed emotions. People who are grieving can be prone to depression if they keep their emotion to themselves. A lot of people avoid crying because they think it might be a sign of weakness. However, it is important to cry because it releases one's emotions. When expressing feelings, it is important to avoid catharsis – venting up one's anger by doing something violent like boxing, smashing things, and the like. Catharsis does not release one's emotion, especially anger. Rather, it makes a person practice violence as an expression of emotion, and thus can be very dangerous.

Hang around with friends and loved ones. Depressed individuals need

support very much. Other people can distract one from stressors. People can also remind a depressed individual that there can be more to life, and it is worth living even if it is simply because of the company of wonderful people.

Lastly, it is important to believe in oneself. A lot of people get depressed because they put themselves down. It is important to satisfy oneself and gain a sense of self-worth. It is good to do something that would make one happy. Prioritizing one's self can help one to believe that one's own life is important and can be enjoyed. Being kind to oneself is one of the most important steps to get away from a depressive state.

Depression management is possible and entails taking charge of one's self. When dealing with depression however, it is important not to rush. Sadness does not disappear overnight; it takes time to get back on one's feet. Little by little, one can get out of depression and have a normal life once more.

How To Envision Your Success

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Success is more than economic gains, titles, and degrees. Planning for success is about mapping out all the aspects of your life. Similar to a map, you need to define the following details: origin, destination, vehicle, backpack, landmarks, and route.

Origin: Who you are

A map has a starting point. Your origin is who you are right now. Most people when asked to introduce themselves would say, “Hi, I’m Jean and I am a 17-year old, senior high-school student.” It does not tell you about who Jean is; it only tells you her present preoccupation. To gain insights about yourself, you need to look closely at your beliefs, values, and principles aside from your economic, professional, cultural, and civil status. Moreover, you can also reflect on your experiences to give you insights on your good and not-so-good traits, skills, knowledge, strengths, and weaknesses. Upon introspection, Jean realized that she was highly motivated, generous, service-oriented, but impatient. Her inclination was in the biological-medical field. Furthermore, she believed that life must serve a purpose, and that wars were destructive to human dignity.

Destination: A vision of who you want to be

“Who do want to be?” this is your vision. Now it is important that you know yourself so that you would have a clearer idea of who you want to be; and the things you want to change whether they are attitudes, habits, or points of view. If you hardly know yourself, then your vision and targets for the future would also be unclear. Your destination should cover all the aspects of your being: the physical, emotional, intellectual, and spiritual. Continuing Jean’s story, after she defined her beliefs, values, and principles in life, she decided that she wanted to have a life dedicated in serving her fellowmen.

Vehicle: Your Mission

A vehicle is the means by which you can reach your destination. It can be analogized to your mission or vocation in life. To a great extent, your mission would depend on what you know about yourself. Bases on Jean’s self-assessment, she decided that she was suited to become a doctor, and that she

wanted to become one. Her chosen vocation was a medical doctor. Describing her vision-mission fully: it was to live a life dedicated to serving her fellowmen as a doctor in conflict-areas.

Travel Bag: Your knowledge, skills, and attitude

Food, drinks, medicines, and other traveling necessities are contained in a bag. Applying this concept to your life map, you also bring with you certain knowledge, skills, and attitudes. These determine your competence and help you in attaining your vision. Given such, there is a need for you to assess what knowledge, skills, and attitudes you have at present and what you need to gain along the way. This two-fold assessment will give you insights on your landmarks or measures of success. Jean realized that she needed to gain professional knowledge and skills on medicine so that she could become a doctor. She knew that she was a bit impatient with people so she realized that this was something she wanted to change.

Landmarks and Route: S.M.A.R.T. objectives

Landmarks confirm if you are on the right track while the route determines the travel time. Thus, in planning out your life, you also need to have landmarks and a route. These landmarks are your measures of success. These measures must be specific, measurable, attainable, realistic, and time bound. Thus you cannot set two major landmarks such as earning a master's degree and a doctorate degree within a period of three years, since the minimum number of years to complete a master's degree is two years. Going back to Jean as an example, she identified the following landmarks in her life map: completing a bachelor's degree in biology by the age of 21; completing medicine by the age of 27; earning her specialization in infectious diseases by the age of 30; getting deployed in local public hospitals of their town by the age of 32; and serving as doctor in war-torn areas by the age of 35.

Anticipate Turns, Detours, and Potholes

The purpose of your life map is to minimize hasty and spur-of-the-moment decisions that can make you lose your way. But oftentimes our plans are modified along the way due to some inconveniences, delays, and other situations beyond our control. Like in any path, there are turns, detours, and potholes thus; we must anticipate them and adjust accordingly.

How To Manage Time

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Time management is basically about being focused. The Pareto Principle also known as the '80:20 Rule' states that 80% of efforts that are not time managed or unfocused generates only 20% of the desired output. However, 80% of the desired output can be generated using only 20% of a well time managed effort. Although the ratio '80:20' is only arbitrary, it is used to put emphasis on how much is lost or how much can be gained with time management.

Some people view time management as a list of rules that involves scheduling of appointments, goal settings, thorough planning, creating things to do lists and prioritizing. These are the core basics of time management that should be understood to develop an efficient personal time management skill. These basic skills can be fine tuned further to include the finer points of each skill that can give you that extra reserve to make the results you desire.

But there is more skills involved in time management than the core basics. Skills such as decision making, inherent abilities such as emotional intelligence and critical thinking are also essential to your personal growth.

Personal time management involves everything you do. No matter how big and no matter how small, everything counts. Each new knowledge you acquire, each new advice you consider, each new skill you develop should be taken into consideration.

Having a balanced life-style should be the key result in having personal time management. This is the main aspect that many practitioners of personal time management fail to grasp.

Time management is about getting results, not about being busy.

The six areas that personal time management seeks to improve in anyone's life are physical, intellectual, social, career, emotional and spiritual.

The physical aspect involves having a healthy body, less stress and fatigue.

The intellectual aspect involves learning and other mental growth activities.

The social aspect involves developing personal or intimate relations and

being an active contributor to society.

The career aspect involves school and work.

The emotional aspect involves appropriate feelings and desires and manifesting them.

The spiritual aspect involves a personal quest for meaning.

Thoroughly planning and having a set of things to do list for each of the key areas may not be very practical, but determining which area in your life is not being given enough attention is part of time management. Each area creates the whole you, if you are ignoring one area then you are ignoring an important part of yourself.

Personal time management should not be so daunting a task. It is a very sensible and reasonable approach in solving problems big or small.

A great way of learning time management and improving your personal life is to follow several basic activities.

One of them is to review your goals whether it be immediate or long-term goals often.

A way to do this is to keep a list that is always accessible to you.

Always determine which task is necessary or not necessary in achieving your goals and which activities are helping you maintain a balanced life style.

Each and everyone of us has a peak time and a time when we slow down, these are our natural cycles. We should be able to tell when to do the difficult tasks when we are the sharpest.

Learning to say “No”. You actually see this advice often. Heed it even if it involves saying the word to family or friends.

Pat yourself at the back or just reward yourself in any manner for an effective time management result.

Try and get the cooperation from people around you who are actually benefiting from your efforts of time management.

Don't procrastinate. Attend to necessary things immediately.

Have a positive attitude and set yourself up for success. But be realistic in your approach in achieving your goals.

Have a record or journal of all your activities. This will help you get things in

their proper perspective.

These are the few steps you initially take in becoming a well rounded individual.

As the say personal time management is the art and science of building a better life.

From the moment you integrate into your life time management skills, you have opened several options that can provide a broad spectrum of solutions to your personal growth. It also creates more doors for opportunities to knock on.

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Have a record or journal of all your activities. This will help you get things in

their proper perspective.

These are the few steps you initially take in becoming a well rounded individual.

As the say personal time management is the art and science of building a better life.

From the moment you integrate into your life time management skills, you have opened several options that can provide a broad spectrum of solutions to your personal growth. It also creates more doors for opportunities to knock on.

How To Set Goals

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The basics of setting a goal is an open secret known by top-caliber athletes, successful businessmen and businesswomen and all types of achievers in all the different fields. The basics of setting goals give you short-term and long-term motivation and focus. They help you set focus on the acquisition of required knowledge and help you to plan and organize your resources and your time so that you can get the best out of your life.

Setting clearly defined short term and long term goals will enable you to measure your progress and achieve personal satisfaction once you have successfully met your goals. Charting your progress will also enable you to actually see the stages of completion leading to the actual realization of your goals. This eliminates the feeling of a long and pointless grind towards achieving your goal. Your self-confidence and level of competence will also improve as you will be more aware of your capabilities as you complete or achieve your goals.

The basics of goal settings will involve deciding what you really want to do with your personal life and what short term and long term goals you need to achieve it. Then you have to break down goals into the smaller and manageable targets that you must complete in your way to achieving your lifetime targets. Once you have your list waste no time in tackling your goals.

A good way to have a manageable list is to have a daily and weekly set of goals. By doing this you will be always in the position of going towards you life plan goals. Everyday will give you the opportunity to fulfill a certain goal giving you the feeling of accomplishment.

Here are some pointers that should be taken into consideration in setting goals and achieving them.

Attitude plays a very big role in setting and achieving your goals. You must ask yourself if any part of you or your mind holding you back towards completing your simplest goals? If there are any part of your behavior that is being a hindrance or puts your plans into disarray? If you do have problems in these areas then the immediate thing to do is to address this problem. Solutions may include a visit to a doctor or psychiatrist to control your

emotions.

Careers are made by good time management practice. Failing in a career is often attributed to bad time management. Careers require a lot from an individual which often makes the career the life of the individual. Plan how far do you want to go into your career.

Education is key in achieving your goals. If your goals require you to have a certain kind of degree or require a certain specialization or demand a certain skill to be developed, make plans in getting the appropriate education.

Your family should never be left out of your plans. If you are just starting out then you have to decide if you want to be a parent or when you want to be a parent. You also have to know if you really would be a good parent and how well would you relate to extended family members

Personal financial situations also play a major role in achieving your goals. Have a realistic goal on how much you really want to earn. You also must be able to create plans or stages by which you will be able to reach your earning potential.

Physically gifted individuals may be able to achieve sports related goals like being in the National Basketball association or National Football League. Determining your physical capabilities should be one of your priorities. Physical limitations could however be conquered with proper planning.

As the saying goes -'All work and no play makes Jack a dull boy', or something to that effect, is by all means true down to the last the letter. Giving yourself a little pleasure: should be included into your plans.

To start achieving your lifetime goals, set a quarter of a century plan, then break it down to 5 year plans then break it down again to 1 year plans, then 6 month plans then monthly plans, then weekly, then daily.

Then create a things-to-do list for the day.

Always review your plans and prepare for contingencies.

The basics of goal settings should not be so difficult once you get to be familiar with them.

How To Take Control

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At first glance, it would seem that positive thinking and Attention Deficit Disorder (ADD) have nothing to do with one another. But many of us with ADD develop negative thinking patterns because we become frustrated by our challenges and frequent feelings of being overwhelmed. This negative outlook then makes it even harder for us to manage those challenges and move forward.

Practicing positive thinking allows people with ADD to focus on our strengths and accomplishments, which increases happiness and motivation. This, in turn, allows us to spend more time making progress, and less time feeling down and stuck. The following tips provide practical suggestions that you can use to help you shift into more positive thinking patterns:

1. Take Good Care of Yourself

It's much easier to be positive when you are eating well, exercising, and getting enough rest.

2. Remind Yourself of the Things You Are Grateful For

Stresses and challenges don't seem quite as bad when you are constantly reminding yourself of the things that are right in life. Taking just 60 seconds a day to stop and appreciate the good things will make a huge difference.

3. Look for the Proof Instead of Making Assumptions

A fear of not being liked or accepted sometimes leads us to assume that we know what others are thinking, but our fears are usually not reality. If you have a fear that a friend or family member's bad mood is due to something you did, or that your co-workers are secretly gossiping about you when you turn your back, speak up and ask them. Don't waste time worrying that you did something wrong unless you have proof that there is something to worry about.

4. Refrain from Using Absolutes

Have you ever told a partner "You're ALWAYS late!" or complained to a friend "You NEVER call me!"? Thinking and speaking in absolutes like 'always' and 'never' makes the situation seem worse than it is, and programs your brain into believing that certain people are incapable of delivering.

5. Detach From Negative Thoughts

Your thoughts can't hold any power over you if you don't judge them. If you notice yourself having a negative thought, detach from it, witness it, and don't follow it.

6. Squash the "ANTs"

In his book "Change Your Brain, Change Your Life," Dr. Daniel Amen talks about "ANTs" – Automatic Negative Thoughts. These are the bad thoughts that are usually reactionary, like "Those people are laughing, they must be talking about me," or "The boss wants to see me? It must be bad!" When you notice these thoughts, realize that they are nothing more than ANTs and squash them!

7. Practice Lovin', Touchin' & Squeezin' (Your Friends and Family)

You don't have to be an expert to know the benefits of a good hug. Positive physical contact with friends, loved ones, and even pets, is an instant pick-me-up. One research study on this subject had a waitress touch some of her customers on the arm as she handed them their checks. She received higher tips from these customers than from the ones she didn't touch!

8. Increase Your Social Activity

By increasing social activity, you decrease loneliness. Surround yourself with healthy, happy people, and their positive energy will affect you in a positive way!

9. Volunteer for an Organization, or Help another Person

Everyone feels good after helping. You can volunteer your time, your money, or your resources. The more positive energy you put out into the world, the more you will receive in return.

10. Use Pattern Interrupts to Combat Rumination

If you find yourself ruminating, a great way to stop it is to interrupt the pattern and force yourself to do something completely different. Rumination is like hyper-focus on something negative. It's never productive, because it's not rational or solution-oriented, it's just excessive worry. Try changing your physical environment – go for a walk or sit outside. You could also call a friend, pick up a book, or turn on some music.

When it comes to the corporate world, protocol is pretty much the religion. To know the things needed to do are the basics of productivity, but interaction and having a steady mind makes up the entire thing to true

productivity. There are those who seem to work well even under pressure, but they're uncommon ones and we are human and imperfect. To get these little things like stress under our skins won't solve our problems. Sometimes it takes a bit of courage to admit that we're turning to be workaholics than tell ourselves that we're not doing our best.

How To Unleash Creative Thinking

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People seem to have the misconception that only a select few are able to unleash a steady flow of creative genius. That is not true at all. The fact is, creativity is very much like a muscle that needs to be exercised in order to consistently give out great results. If you don't practice harnessing creative thinking, this skill will very much atrophy into in-existence. But keep working and this skill will soon come to you in a snap.

So how do you unleash your creative thinking? Well, the first thing is to become a human leech. No, we're not talking about just sucking the blood out of every living being available, we're saying that you should take in as much knowledge and learning you can find. Read everything available — good and bad, and keep your mind open to the infinite possibilities of the universe. The more you know, the more you'll want to know, and the more your faculty of wonder will be exercised. Prepare to be amazed at little facts that add a bit of color into your life.

Focus on a creative activity everyday. Yes, it's an effort. Even doodling is a creative activity. Don't let anything hinder you. Mindlessness may be a creative activity, but for people who are just starting out to unleash a little bit of creative thinking in their lives, it is helpful and encouraging to have concrete evidence, that, "hey, what I'm doing is getting somewhere." So why don't you try it. Practice drawing for a couple of minutes each day. Bring out your old camera and start snapping photos like crazy. Keep a journal and make a point to write in it religiously. Another cool idea is to write by describing something with your five senses. Try to avoid vague adjectives like "marvelous," "amazing," and "delicious." Before you know it, you'll have built yourself a tiny portfolio, and you'll be amazed at the growth you've undertaken after amassing all those works of art. Who knows, you might actually take to liking those things you do everyday. Pretty soon those things will become a part of you and you'll be addicted to these creative exercises.

Think out of the box — or don't. Sometimes, constraints are actually a good thing. Limitations discipline you to work within your means. It enables you to be more resourceful. Creative freedom is great, but limitations enforce discipline.

Try something new everyday and let your experiences broaden your perspective. Explore a new district in your neighborhood. Spend an afternoon in a museum to which you've never been before. Chat up someone on the bus. Open up to the people around you. As you thrust yourself out of your comfort zone more and more each day, your sense of adventure grows and so does your zest for life. Think about it. When was the last time you did something for the first time? If it's been a while, I tell you, you've been missing out on a whole lot of experiences that could've added to your growth, emotionally, mentally, physically, or spiritually. Why don't you try bungee jumping today? Not only will you learn, but you will also have plenty of stories to share, enabling you to practice your storytelling skills and making you the life of the party.

Embrace insanity. No, not to the point of practically admitting yourself into the mental ward. As John Russell once said, "Sanity calms, but madness is more interesting." Exactly! Every creative thought was once deemed insanity by other "normal" people at one time or another. Luckily, that didn't stop the creative geniuses from standing by them. The thing is, sanity or being normal confines people to think... well, normally. Within limits. Creativity is essentially breaking through barriers. Yes, this includes the bizarre and the downright strange. I'm not saying that you yourself should develop a creative personality. That might go haywire. An example of a creative personality would be George Washington, who often rode into battle naked, or James Joyce, who wrote "Dubliners" with beetle juice for an intense fear of ink, or Albert Einstein, who thought his cat was a spy sent by his rival (or in thinking creatively in this case, the term could probably be "archnemesis.") It's important that your creativity doesn't get you detached from the real world completely.

I hope this article has inspired you to start thinking beyond your "limits." If you follow these steps pretty soon you'll be living a life full of interesting adventures. Unleashing your creative thinking will bring about a new zest for living life.

How To Make Or Take Decisions

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Life is like a road. There are long and short roads; smooth and rocky roads; crooked and straight paths. In our life many roads would come our way as we journey through life. There are roads that lead to a life of single blessedness, marriage, and religious vocation. There are also roads that lead to fame and fortune on one hand, or isolation and poverty on the other. There are roads to happiness as there are roads to sadness, roads towards victory and jubilation, and roads leading to defeat and disappointment.

Just like any road, there are corners, detours, and crossroads in life. Perhaps the most perplexing road that you would encounter is a crossroad. With four roads to choose from and with limited knowledge on where they would go, which road will you take? What is the guarantee that we would choose the right one along the way? Would you take any road, or just stay where you are: in front of a crossroad?

There are no guarantees.

You do not really know where a road will lead you until you take it. There are no guarantees. This is one of the most important things you need to realize about life. Nobody said that choosing to do the right thing all the time would always lead you to happiness. Loving someone with all your heart does not guarantee that it would be returned. Gaining fame and fortune does not guarantee happiness. Accepting a good word from an influential superior to cut your trip short up the career ladder is not always bad, especially if you are highly qualified and competent. There are too many possible outcomes, which you really cannot control. The only thing you have power over is the decisions that you will make, and how you would act and react to different situations.

Wrong decisions are always at hindsight.

Had you known that you were making a wrong decision, would you have gone along with it? Perhaps not, why would you choose a certain path when you know it would get you lost? Why make a certain decision if you knew from the very beginning that it is not the right one. It is only after you have made a decision and reflected on it that you realize its soundness. If the

consequences or outcomes are good for you, then you have decided correctly. Otherwise, your decision was wrong.

Take the risk: decide.

Since life offers no guarantee and you would never know that your decision would be wrong until you have made it, then you might as well take the risk and decide. It is definitely better than keeping yourself in limbo. Although it is true that one wrong turn could get you lost, it could also be that such a turn could be an opportunity for an adventure, moreover open more roads. It is all a matter of perspective. You have the choice between being a lost traveler or an accidental tourist of life. But take caution that you do not make decisions haphazardly. Taking risks is not about being careless and stupid. Here are some pointers that could help you choose the best option in the face of life's crossroads:

- Get as many information as you can about your situation.

You cannot find the confidence to decide when you know so little about what you are faced with. Just like any news reporter, ask the 5 W's: what, who, when, where, and why. What is the situation? Who are the people involved? When did this happen? Where is this leading? Why are you in this situation? These are just some of the possible questions to ask to know more about your situation. This is important. Oftentimes, the reason for indecision is the lack of information about a situation.

- Identify and create options.

What options do the situation give you? Sometimes the options are few, but sometimes they are numerous. But what do you do when you think that the situation offers no options? This is the time that you create your own. Make your creative mind work. From the most simplistic to the most complicated, entertain all ideas. Do not shoot anything down when an idea comes to your head. Sometimes the most outrageous idea could prove to be the right one in the end. You can ask a friend to help you identify options and even make more options if you encounter some difficulty, but make sure that you make the decision yourself in the end.

- Weigh the pros and cons of every option.

Assess each option by looking at the advantages and disadvantages it offers you. In this way, you get more insights about the consequences of such an

option.

- Trust yourself and make that decision.

Now that you have assessed your options, it is now time to trust yourself. Remember that there are no guarantees and wrong decisions are always at hindsight. So choose... decide... believe that you are choosing the best option at this point in time.

Now that you have made a decision, be ready to face its consequences: good and bad. It may take you to a place of promise or to a land of problems. But the important thing is that you have chosen to live your life instead of remaining a bystander or a passive audience to your own life. Whether it is the right decision or not, only time can tell. But do not regret it whatever the outcome. Instead, learn from it and remember that you always have the chance to make better decisions in the future.

How To Develop Your Intuition

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Have you had that experience when all of a sudden you just had this huge hunch that something is about to happen, and to your surprise, that intuition was eventually translated to reality?

When you feel strongly about something without logical basis to it, that's called intuition. It comes in three impressions: clairvoyance or "the third eye", sensing clearly and feeling through listening.

Clairvoyance is when your eye goes beyond what it can see. This is when you know what is happening somewhere.

Sensing clearly is basically what we refer to as "hunch" or "gut feel." This is the time when you are overwhelmed with a feeling and you can't explain it and all you can say is "I just know."

On the other hand, feeling through listening or clairsaudience is being able to "listen" between the lines. Intuition also happens at times when a certain sound, whatever it is – be it a car's honk or a bird's twitting – ushers in an intense feeling.

They say only a number of people are gifted with intuition. Astrologers even insist that people born under the Scorpio or Pisces signs are naturally intuitive it almost borders on E.S.P. But studies have been sprouting left and right that proclaim that anyone can develop intuition.

Why the need to develop intuition, you ask? Why not let your emotional and psychological state as it is? First and foremost, intuition promotes good communication. It makes you more sensitive to the people around you; it often keeps you from hurting those you love because you are intuitive enough to understand them. Intuition also makes you far more creative than ever. Intuition means releasing more creative juices for any means of expression. Lastly, intuition has a healing power. This healing power is not in the physical sense, but in delving deep into your soul to eradicate some negative energy buried in it.

With that being said, are you ready to develop your intuition? Here are some ways to unlock this gift:

1. Hypnosis

Oh yes, get yourself hypnotized. Hypnosis is not limited to watching a pendulum move back and forth. Perform self-hypnosis or you can avail of hypnotic programs that can strengthen your intuition.

2. Meditation

Meditating means finding peace in yourself. If your mind and heart are cluttered with too many baggage and hurt, you wouldn't be able to quiet down that part of you that could eventually initiate intuition. There are so many ways to meditate: take a yoga class, or just simply practice some breathing that could bring you straight to Zen.

3. Think positive!

A worry-free, fear-free state could do so much to improve your intuitive ability. By staying positive, you attract good energy that would be able to easily recognize imminent feelings and events.

4. Just let go.

What does this mean? If you are on the brink of making a huge decision, let go of all the inhibitions and head to a quiet place where you could find out where the letting go has brought you. Sometimes you just have to listen to the voice within you, and that voice wouldn't come out unless you let go.

5. Never expect.

After letting go of the inhibitions and all those things that stop you from thinking and feeling clearly, never expect for an answer right away. Never expect that the "hunch" would fall on your lap immediately. Give it a little time then you'd just get surprised that — wham! — now you have your answer.

6. Believe in your first impressions.

When you see someone for the first time and think that he is a bit too arrogant for your taste, chances are that impression actually holds true. Most of the time, first impressions are brought by intuition.

7. Stay happy!

See? All you need to be intuitive is to stay happy! Happiness attracts immense power and such power includes intuition. In tapping your intuition, your motivation must be happiness and contentment. Given that premise,

intuition will fall to you easily.

Intuition is helpful, because sometimes it leads you to something that cannot be achieved otherwise. A lot of lives have been saved by intuition alone.

Decisions are easier done if armed by this gift. Develop intuition now and reap benefits you have never imagined.

How To Improve Self Esteem

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Be determined to improve your self esteem and you are on your way to great achievement. Do not let a low self esteem ruin your life. The way you think about yourself determines how you interact with others.

What are some examples of low esteem aspects in you mind that you need improvement on?

1. Nothing you do seems to go right
2. You believe that most people do not like you.
3. You believe that you are not attractive.
4. You choose something and it turns out to be the worst one.
5. You are afraid to converse with others for fear that what you say might not make sense.
6. You feel swallowed up in a whirlpool of frustration.

What's wrong with you? Your thoughts, actually.

Stop thinking that the world is closing in on you. Get determined to achieve what you desire. Stop blaming other people for your misfortunes. The world is not your problem, you are your own problem.

From this moment on, begin the process of self esteem improvement. Think the right way and be determined to win, and win you will. Just remember that success never comes easily and that is why determination is its counterpart.

Oftentimes, one gets to the brink of success and with just a little disappointment or setback, they lose heart and give up too easily and too soon. A surefire candidate to low self esteem improvement. Who knows what great things might have been achieved if only they had persevered.

Without a high self esteem, your life could be rather boring. Change your thinking and begin to see yourself on top of the world. Make a very special effort to be what you really want to be.

You have to seriously decide either to remain in a miserable state of low self esteem, or acquire self esteem improvement and develop a high self esteem with good character and self image.

The origin of low self esteem.

A low self esteem could begin way back in childhood when children are made to believe that they are worthless. Their self confidence is eroded and they succumb to the idea that they can never achieve success in anything that they do. They were picked on, laughed at, pushed around, called ugly names, and treated with disdain. No wonder they grew up to be full of resentment.

If that was your experience, it is time you cut yourself loose from that mindset and do self esteem improvement. Start reading about the life of successful persons and you will soon discover that many of them had such low self esteem that they could not even complete an elementary education.

Many decided to override their low self esteem and improve their attitude, whatever it took. They became some of the greatest men and women that ever lived.

Low self esteem has never helped anyone else and it sure will not help you. It can only drive you into depression, anger, grudge, fear and all the other evils that it generates.

Re-program your thinking and control your state of mind. You must believe that you are worth much more than you think or you will remain at the foot of the ladder and never make an attempt to climb it.

Do not waste your life away with feelings of inadequacies. Instead, think of ways to go about self esteem improvement. Success is yours, just reach out and grasp it.

How To Motivate Yourself Forever

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Just as willpower is an essential factor in achieving success, at some point in time, discouragement and lack of motivation may hinder you from reaching your objective. And it is up to you, and you alone to devise techniques that will help you keep that drive within afire.

It is helpful to have visual goals. whatsoever that is you are working towards, make it visual. It maybe something material like a car, or a vacation you have been looking forward to for the longest time.

Take or cut out a picture of it and post it at a conspicuous place at work or at home where you can see it often. So that when you feel discouraged, this will remind you of your goal and will help you keep your spotlight.

Make a contract with oneself. According to motivational researches, people who write down to-do-lists are far more triumphant in achieving their intended goals than those people who just keep mental lists instead.

Putting something in writing somehow makes it more powerful psychologically speaking. This may also be the basis why most cultures have such a high regard in honoring contracts. In the contract, you may also include a certain reward that you will give yourself once you have accomplished the task.

After all, everyone likes to be rewarded for completing a good job. Even a simple pat on the back, “good job”, or “thank you” may do the trick to give the person the additional push to carry on, but unfortunately, these may not always be readily available. Considering that these are also essential in keeping oneself motivated, you must learn to find a way to get that encouragement on your own through pleasing yourself.

Abusive people lower your self-esteem and bring you down. Get these negative people out of your life. Surround yourself with positive people. Imitate their example. Smile amply and think happy thoughts.

These will give you a brighter outlook and lets you see a clearer picture of what you really want and a fresh mind to know what steps to take to get there. Rather than wait for things to happen, try to be proactive and **MAKE THINGS HAPPEN**. Inactivity idles the brain and stagnates your potential to

reach your goals.

Read inspirational books and literature. These will help you improve your attitude and heal your mind. A book of success stories also proves to be encouraging. You will not only learn from others' experiences and derive confidence boosting insights from them but the story will be instrumental in motivating you to go for your goal and move ahead with your plans. If this still seems to falter, get training or education.

Oftentimes, not knowing how or where to start is frustrating. Knowledge is power. Having a clear understanding of how and where to start is empowering and it will provide the extra drive needed to hit the mark you are aiming at and follow it through.

Having enumerated all these tips and tricks to attain self-motivation, but still you seem to feel lacking that much needed drive, there is one last thing that you must try.

Whatever it is that you have been meaning to do, or wanting to achieve, **JUST DO IT!** Keep on aiming high and go for it! Actually getting your hands dirty best solves the problem of motivation. By “forcing” yourself to just do it, your momentum will pick up gradually as you go along and before you know it you have finished the task or have finally achieved your goal. Divide and conquer is the key.

Break down the apparently unattainable activity to small doable steps. Not only does it become less overwhelming, but seeing the “in the meantime” results will further your confidence that it can indeed be done.

Lack of motivation happens to us all, but if you do not encourage yourself to accept opportunities and be challenged, no one else will. It is most important to keep your eye on the goal, find ways to keep going, and in no time, you shall reap its benefits.

And if at the beginning you were just doing it for the material reward, you will also learn to realize that the fulfillment, satisfaction and self-achievement you derive from reaching your goal is a much enjoyable high that will keep the drive within constantly burning.

How To Learn To Solve Your Problems

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How much percentage in a class of 30 students would agree to you that Mathematics is a great subject? You might answer “around 10 to 35%” and that is all. True, most kids today are not thrilled to solve Mathematical equations not because they do not know the processes involved, but because of the lack of interest in it.

In a similar way, our daily activities do not mean 100% joy and 0% problems. At times, we have more problems than joy. Fortunately, some individual are skilled in handling problems right. Want to know their secrets?

Well, carefree people, as some might call them, have one thing in common: optimism. These kinds of people do not mean they never had problems before. Try remembering a colleague, a relative, a friend, or someone from your community who has the brightest smile at the start until the end of the day. How many times did you see that person frown? Carefree people are fun to be with because their attitude is contagious. Have you tried asking them how they carry their problems lightly? Below are their secrets:

1. Learn to control your feelings by separating negative feelings from positive thoughts. This is the first step in solving problems. Only after you have cleared your mind with unnecessary thoughts can you start solving your problems accordingly.
2. Treat each problem as challenge and opportunity for self-improvement.
3. Free that scapegoat attitude. Are you pointing your finger or blaming others for mishaps? Take responsibilities for your mistakes. No one is perfect, so never put the blames on others.
4. Use a pen and paper, and rate the depth of the problem and possible answers to your problem. Probability law principle will allow you to evaluate how far you have thought of resolving your problems.
5. Keep a journal and treat it as a “secret friend” who is always willing to listen to your grievances. Write your feelings freely.
6. Develop a noteworthy hobby, for this will help you lessen or minimize stress in your life.

7. Take time off from work and create variations of your daily schedule. Relax and check out the best movies in town. Travel and meet new wonderful people. You will find these activities worthwhile in the long run.

The above tips will help you optimize those positive feelings of yours. Say you are already consumed by some problems. Here are the 1-2-3 steps in doing your problem solving:

1. Determine the root cause of the problem. If you think it is difficult, ask hundreds of why's and what's and you will soon find out the cause.

2. Think, strategize, and act for resolution.

3. Develop a strong desire to solve the problem.

4. Review the situation for you to avoid repeating the same mistakes committed beforehand.

Consider that everybody experiences lowliness many times, but problems are problems. They are there not to annoy you; but problems are created when you cannot accept your limitations. Once you accept your limitations, problem solving is just a 1-2-3 step, hassle-free, and a life-sharpening experience indeed. Hence, never consume or lock yourself in your room when problem strikes. Think that problems are states of your being limited to something you need the most. But if you cannot have that important thing, accept it. Let go and you will free yourself with worries. Remember, less worries mean less problems. If you think that you really want some time out because of problems, consider that there is another room available for you called "improvement."

How To Learn To Set Goals

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There are those who are bounded by laws and rules, yet success is too distant for them. On the other hand, there are those who appears to be easy going people but are successful. Think you have what it takes to be like them? Or would you rather do something different to achieve the elusive success? Take heart and set your goals.

What do goals represent by the way? These are actually representations of your visions about you and your future. Goals should be achievable and realistic. These kinds of goals allow you to put them into practice or at least do some activities that allow you to monitor your progress. However, more is involved in just merely setting realistic goals. Remember that in order to achieve your goals, you must act according to your goals. Otherwise, all else would be vanity if you do not exert effort in reaching them. The following will help you set achievable goals:

1. Enhance your skills in achieving targeted goals by setting objectives, as well as standard and optional activities that will help you meet your goals.
2. Strategize and take risks in meeting your goals. Strategic thinking is very important because this will allow you to be productive and focus on the activities according to your goals.
3. Act in accordance to your goals. Proper mind setting is very important in achieving your goals. Take the extra mile. Try taking risks but never compromise your safety. Taking risks means that you are ready to learn new things and challenges that will help you in the long run.

On one hand, you may wonder why there is a need for you to set goals if you think you have not failed at all in your endeavors. Remember that setting goals does not mean that you always fail. Setting goals means that you are acknowledging your limitations and you are ready to work your way up towards success, professionally or personally. It is for this reason why objective goals matter.

Moving forward, you also have to consider that there are goals that are just too hard to achieve on your own. At times, these goals even create conflicts that you might think of surrendering in the long run. Take heart. Everybody

have similar concerns at times. If this situation occurs and you think that surrendering is the last option, why not look for a partner, a friend maybe who is willing to help you out with your goals? Collaborate with your prospective partner and learn to prioritize. If it requires spending time in plotting all the possibilities, both the pros and cons, try it.

Remember that goal setting is focused on your benefits. So try working things out and focus, focus, and focus. Minimize or avoid distractions if possible so you can work your goals better. Work that proper mindset for a clearer vision of you achieving those valuable goals. If you are vying for promotion in your workplace, it is important that you see yourself already in the position you want. If you are aiming for a personal or educational goal, make things happen by planning and doing things related to your goals. You will then realize that goals, no matter how difficult they may appear, are still valuable to consider. Once your goals are achieved, sweet success knocks on your door commending you for a job well done.

How To Use Affirmation Properly

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“I am, therefore I exist,” is a phrase affirming one’s existence as a being. It may be a simple phrase, but it says everything about the being saying them. It indicates a confidence not commonly found among other beings.

But why do people need affirmation? Why do beings need to be affirmed? Is existence relative to one’s affirmation?

Affirmation is a very powerful technique to empower one’s subconscious. Once the subconscious is disciplined to believe one’s affirmation, the latter is converted into a positive action for the conscious mind. Through affirmation, beings are empowered to do, to work, and to strive for more things. Affirmation allows people to believe in themselves and to put their thoughts into action.

Affirmation is a combination of verbal and visual techniques of a preferred state of mind of a person. Strong affirmations can be very powerful, and can be used by almost anyone to achieve his goals and fulfill his desires. However, the power of an affirmation depends on how strong or weak an affirmation is.

Affirmation is merely an assertion made by a person, about something or about a state of being. A person can affirm those that he chooses to attain, like “I now have a good life.” Being healthy in mind, body, and spirit can also be made possible through affirmation.

A strong affirmation should be stated in the present tense to be more effective. An affirmation of “I am now a happy being” is more effective than an affirmation saying, “I am going to become a happy being.” Affirmation should always be in positive terms because it is supposed to work for you and not against you. Instead of saying, “I am not sad,” why not make an affirmation saying, “I am happy.”

An affirmation should be made up of simple but concise words, and it should be short to be more effective. A very long affirmation can work the other way around, instead of creating a positive mindset for a person. A short affirmation can be easily spoken and repeated by a person. It can serve as a mantra that can be repeated over and over again.

To be effective, an affirmation must be repeated. Repetition works and influences the subconscious, which in turn motivates the person into acting out his affirmation. A person who creates the affirmation should be deeply involved with the words he will be using, so he will be able to actualize his affirmation. Writing words that one believes in can be very powerful, and this can be put to good use when creating an affirmation.

However, creating an affirmation alone and repeating them a million times would not make the affirmation a state of mind. The important thing is to live one's affirmation and to be open-minded enough to do the things that would help the affirmation become a reality. Feeling the affirmation and applying it in one's life will help in making the affirmation a reality.

While affirmation is generally used to make an individual better, it can also be used to boost or confirm another person's value. By affirming another person's existence, you are helping him improve his self-worth.

Affirmation is a very simple thing that can make a very big difference in a person's life. It can be a great motivator and can make things happen.

How To Get Rid of Procrastination

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Do you put off your work for later, only to find your deadlines steadily creeping in? Then you, my friend, are one of the millions of people afflicted by the procrastination virus. Procrastination is the biggest reason for loss of productivity and late output. Though many would not admit it, they would benefit greatly if they start their work on time.

For many people, putting off their work for later is more habit than desire. It can be so hard to get into a groove where starting your tasks in a timely fashion is a priority, especially if the consequences for being late are things that one can probably bear.

If you are one of these people, yet you desire to shake off your propensity for procrastination, then you have come to the right place. Here are a few tips to help you overcome this dilemma and become a more productive and reliable person.

1. Set schedules – It is very important that you have a list of activities to accomplish per day. This will help you realistically budget your time and resources. One of the cardinal sins people commit in regards to performing their tasks is to put off their work because they feel like there is so much time left. A journal, organizer, or calendar of events will help you plan and schedule your task so that you can start them promptly and finish them on time.

2. Save the Vacation for Later – Many people put their work off for later saying, “I’ll just have a little fun then buckle down to work later.” While it may be true that they may have more than enough time to accomplish their tasks, it would be better if they finished their work first and relax afterward.

Wouldn’t relaxation be sweeter if it were after a taxing job? If you choose to lay back and relax before doing your tasks, you will be more prone to burnout and will have nothing exciting left to look forward to after accomplishing a task. It is always better to have slack period AFTER a job than before one, especially considering that people are wont to overusing their slack time. This is suicide if you are heading towards a deadline.

3. Never Underestimate Your Tasks – Sometimes procrastination sets in

because people underestimate the resources, difficulty, and time spent for a particular task. They will usually say, “It’s just mowing the lawn, its easy; I could do it in a jiffy.” The problem is, no matter how trivial the task, it still takes time and resources to accomplish. If you underestimate a task, you will most likely set too little time to do it and schedule it too close to its deadline.

4. Don’t Allow Yourself to Get Comfortable Doing Nothing – It would definitely help if you kept a subconscious alarm whenever you are doing nothing. Get this alarm to remind you of things that may need to be done. This will help you foster the notion that jobs accomplished now means more time for relaxation later. However, even if this is the case, do not forget to put ample time in for rest and to remove all thoughts of troubles before hitting the sack. The trick here, however, is not to overdo you rest. There is a difference between resting and idling. Always set the right amount of time for rest and stick to that schedule.

Prosperity IQnyte: 01 – Introduction

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This book is designed to meet the requirements of people who desire of achieving greater heights by implementing very simple and yet powerful concepts that have the potential to change your life completely.

It is not intended to be a book based on hypothetical research nor is it a philosophical treatise, but it is a book that uncovers information that will bring a lasting incentive allowing us to unleash the inner resources of strength and dynamic willpower to the fore.

In fact it is a compilation of facts presented in simple layman's English containing information that is going to bring immense joy and success in your life.

It covers profound and dynamic truths conveyed in few potent words that kindle a renewed sense of awareness of our limitless latent inner resources waiting to burst into the open. It comprises practical expressions that have the potential to bring success, health, wealth and enduring happiness.

One of the most difficult points to reconcile in life is the paradox that suffering exists in this world. Suffering is eminent.

Of course, what is equally important is realizing that the acquisition and possession of wealth is not a ruler that measures one's happiness. If joy truly were to be found in materials, then all those who experience the 'thrill' of it by coming into contact with the object would observe the same measure of joy.

In life, men are continuously motivated by two inevitable impulses of repulsion – from sorrow and craving to seeking joy and absolute fulfillment. In the quest to embrace all happiness, he is compelled to run after the enjoyable and agreeable, while confronting the opposites, he avoids undesirable objects and disagreeable environments.

The fact is this: throughout history, all achievers conscious or subconsciously have used five principles, which are common to absolute progress in all aspects of life.

01 – The 5 Principles to Unlocking Wealth

These principles are a key to unlocking amazing cache of wealth, abundance and success. They are all centered on our true innate qualities, which as a matter of fact are universal and have a spiritual basis. These principles are:

- Truth
- Righteousness
- Peace
- Love, and
- Non-violence

The practice of these virtues will enable anyone to progress in life without any doubt.

The reason is simple.

These universal principles are all attractive and needless to say, they form the cornerstones of the code of ethics. You cannot go wrong practicing the importance to moral values, codes of conduct and obeying the Law of Nature in your pursuit of Wealth.

In the coming pages, you will discover the goal of reaching financial freedom while at the same time, acquiring the perfect art of happiness through the understanding that the measure of joy is not ‘directly’ proportional to just monetary wealth.

This concise, precise and straight-to-the-point manuscript explores avenues that are most definitely going to change your life for the better.

Unlike many other books on the same subject, this manuscript delves on subject areas relevant to aspects of your personal life and growth that I can guarantee will bring back that smile on your face. It is clear, focused and above all a readable book, which you will enjoy.

It Can Never Happen?

While pessimism warns us of dangers lurking before our very own eyes, optimism may propel us into false security. Pessimism should only be considered initial and not a final predicament in any situation – this is the first step to success.

Time and again, we have been subjected to instances that are disturbing, and deep within us we ‘realize’ the potential dangers and risks surrounding us, and the ‘voice’ within adamantly rejects this threatening situation confronting us, as such because we fail to recognize this ‘voice’ within us our

mental clinging to the outer world detaches us from the inner voice of 'TRUTH' thereby throwing us totally off the tracks as it were.

The second step to success and wealth is to convince yourself of the importance of self-control, self awareness and self-discipline.

We must listen to the voice within and realize the existence of the innate force or the Dynamic Willpower – the mighty power expressing through the mind, body and the intellect! Thus the second step qualifies that you develop faith in not just what you can do and achieve but most importantly developing faith in yourself (your innate, inherent and latent qualities).

Step three requires that through constant vigilance, employing the power of intelligence, self analysis and introspection and through careful understanding and use of these concepts, you can learn to live beyond the demands of the mind in whatever environment you find yourself – this will qualify you to implement and embrace the road to wealth.

There is no such thing as a free lunch. If you hate to put in any work/effort but love to attain success, you will have to reconsider your views.

So to achieve the latter, you have to do the former and the sensible idea is to find out what really gives us pleasure and then find out if it is possible to make money from doing it.

“If you do not start you will not succeed.”

Pursuing Wealth

The statement 'haste makes waste' stands true even today, and more often than not, some of us tend to feel frustrated when we cannot live up to our ideals and the standards we set for ourselves all the time.

On other occasions, we may feel that had we taken the challenge that came our way that perhaps things may well have changed for the better, yet there is also the possibility that in our over anxiety to reach the goal we try too hard and burn ourselves out entirely!

Has This Happened to You?

The question that now remains to be asked how do we begin, how can we achieve success in life?

Well, my friend, rest assured that this book has been written to answer this question satisfactorily, eliminating confusion or anomalies whatsoever.

There are many strategies that one can employ and various means through which you can plough yourself to achieving the goal. One common thread in all of them is self-belief, self-righteousness or honesty and ethical living (in words, deeds, thoughts and actions) pertaining to your lifestyle – this is Step four.

In any business the emphasis on moral and ethical standards ranks the highest, and this should not be ignored or overlooked.

The only way to achieve equanimity, balance or equilibrium even after you become the wealthiest individual is to have your sense of realizing the true essence of life.

Nothing in life is constant. Life is ever changing and things that seem to have existence today may cease to exist tomorrow and this is a fact that you – and everyone else – must learn to accept.

Step five, when you discover something profound and beautiful, the natural tendency is to share it with others.

In the following chapters what you will discover are the true ways to achieve complete success, and this is a book that will allow you to unleash your innate qualities to the fore, thereby allowing you to reap the benefits and the rewards that thousands of people all over the world at this very second are enjoying because they have become wealthy.

Following the guide within the coming pages, and it is my sincere believe that every person has the potential to succeed in life.

Wealth is more than just money.

Prosperity IQnyte: 02 – The Ladder to Success

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It is the privilege of man to achieve all round greatness, and in reality success should be one's habit. Man is essentially perfect, and therefore infinite are the possibilities that lie dormant in him.

In order to bring out the very best from within, a life organized and perfectly disciplined for the discovery of the potentialities that lie lurking within us, is a life well spent.

The vital point is not how many talents each one of us has, but the importance should be focused on how much of our existing talents, attributes and capabilities are we prepared to develop, exploit, explore and implement in our daily lives.

The question you must ask, is whether you are making a practical use of at least one great talent lying inherent within you? The one supreme fundamental principal is to understand that all our success entirely depends upon ourselves.

The best way to be happy is to do the things that you naturally love and enjoy doing – something that you are absolutely passionate about! Likewise the best way to succeed and become wealthy is to see to it that you achieve the things you have earnestly desired to seek in life. This will require that you implement your efforts in to activities that will allow you to measure success.

For instance the simple way to explain this is to take into consideration the following example: if you take a liking for art, painting, and drawing then the way to proceed is to seek guidance on ways to enter competitions, and ways to submit your artwork via galleries (approach galleries directly and leave work on a sale or return basis) or fine art publishers' or even exposing your talent by entering seasonal fairs where you will find a large gathering of all kinds of retailers.

You may want to add various different types of themes to your art portfolio in order to maximize your capabilities to reach an audience far and wide with interests in different themes/subjects.

Contact groups, forums and even Internet newsgroups and explore various

other avenues (such as photographers, photo and framing galleries, arts councils and government organizations that provide help including loans etc.) that will allow you to step up your inquiry – the idea is to pursue the goal relentlessly and with a positive attitude.

As far as your theme/subject matter is concerned post questions, polls, surveys, and determines what people are looking for, and then simply find the need and fill it.

Every little will help, but it is the force required to get the momentum going and that is the key point. Another useful point is not to just try, try and to continue trying – instead develop an attitude whereby you DO the thing you have decided to pursue, implement and apply the strategies shown in this book.

Finally do not just stop at that – keep faith and do not yield to any defeat. Once you have decided to put the ‘plan’ into action, make sure that it is kept ignited and glowing...rejections and disappointments should in no way curtail your hope, progress and your desire to success. People who have succeeded despite all the hardship, pain and struggle have inspired countless millions around the world – it is time you too set an example for others to follow in your footsteps.

You must remember that the methods employed by different individuals in procuring wealth may be distinct, but the goal is common to all, and the steps spoken of earlier are in effect your tools to your overall success.

Very strong willpower is needed in order to develop internally, and the need for two most important attributes, namely courage and confidence are essential ingredients. Thus poverty and prosperity does not necessarily depend on knowledge wholly (e.g. business acumen, marketing strategies and so on) but it certainly depends on the three C’s and they are character, creativity and your innate capabilities.

Courage and confidence alone can bring about unique transformation while the opposite will only bring much sorrow and despair in times of distress and crisis. However, despite life’s problems we should resist obstacles and hindrances and as such constantly remind ourselves of the supreme inherent or innate power which we all possess and which we can all successfully develop through spiritual insight. Thus ignoring our abilities and potential for developing the personal power that we need for going through ego-

breaking experiences requires immense fortitude and discipline, and I explain to you in this book on how you could achieve all this here and now.

Without these qualities you are destined to fail, and that is the reason why a large portion of people feel despondent because they got into competition or they simply gave up under pressure, through lack of self-courage and dynamic willpower.

When our fantasies and expectations are not fulfilled, there is a tendency for us to revert to our old ways – the hollowness we experience can be most annoying and we cannot ignore it forever. A lot of the time what exactly happens is that whatever good we undertake in life, it does not mean we will continue. This is not because an impossible discipline is required but because we lack courage and confidence we are overwhelmed with negative attitude – this is what stops everything in its tracks!

The initial burst of enthusiasm begins to fade, and what seemed so wonderful becomes a peril a dilemma and a problem. The mind takes over and questions surmount raising doubts after doubts whether the whole idea or concept is worthwhile – a conflict ensues, the mind says the one thing and the intellect and our intuition urges us to follow the path to ‘success’.

Even before we begin the journey the end is imminent, because we are undecided what true path to follow. Success lies in what you make of it not what you ‘think’ it ought to be (do not fantasize success).

So how can we get started?

Formula to Success

What you think and how you then act is the deciding factor that will help you discover the goal of success. These two attributes are important together with a set of consistent principles, which you follow through. Thoughts based on reason are a powerful catalyst to start any reaction, and once you set off, you will soon realize that courage is the simple virtue needed for a human being to traverse the rocky road.

Obstacles are natural, and they are a means to the source of acquiring wealth, as I am sure you will agree. Persistence, patience and perseverance will have to be practiced religiously to reach the goal and to overcome the obstacles. Of course that said, I would now like to point out the P’s that you should frown upon.

Do not procrastinate, do not pretend that you know it all and finally do not prolong your 'venture(s)'. Be prepared to fight the stumbling blocks that may confront you, but pursue your goal and allow your potential willpower to predominate.

In any situation in life, it is unequivocally important to remain level headed, despite all the 'ups and the downs' that we are likely to face. Remember life is dualistic by nature – the obverse and the reverse sides of the same coin to put it simply. I am compelled to add that though we know that the past is the cause and the present is the effect, it is self evident that with time the present itself becomes the cause with reference to the future.

There is a very deep meaning embroiled in this syntax, and if you can relate this to success, then it can be said that if we intelligently live in the scientific self-discipline, we can become the architects of our own future.

The Basic Steps

The following guidelines will help you pave a wonderful path to your ultimate success.

The steps are very simple to implement in your daily life.

1. Do what you love and what you are good at.
2. Be prepared to learn and to be positive (motivation and enthusiasm).
3. Be an innovative individual.
4. Be prepared to invest not just money but your time, effort and resources, too. I mentioned money – this does not mean that you have to invest a large sum to become a millionaire or wealthy.
5. You must be disciplined in having set goals and targets. Remember that persistence is the key to success.
6. You must be prepared to manage your time effectively.
7. As you evolve, learn to give back what you amass to the society. I call this philanthropy.

You must have a solid vision – one in which you ‘see’ yourself having attained success. Great people of the past and present see to it that they reach this coveted position, by employing these basic steps.

However, notice in step 2 I deliberately used the word ‘learn’, and that too for a very good reason. Life is the greatest teacher, thus you must be willing to accept challenges all the time (using the power of discrimination) and thus as a result you must learn via its eternal principles the magnificent doctrine it has revealed with the passing of time. This means that you must act when the time is right.

Action is incredibly important and highlights success – the two are synonymous to be quite honest. To succeed action is needed but the essential ingredient is how serious you are. Being too serious can ruin your business venture, so the point is to have FUN.

Any discipline will require organization and orderliness. You must as I mentioned in the introduction be prepared to listen to your inner voice as much as you possibly can. This means that rather than being too dependent on your family, friends and so on (not that this is bad) begin to have faith in your own capabilities.

Stand-alone and strive to learn and succeed. Often, failures may just result from instances where we have stopped exercising our own views, or we have become too dependent on others’.

Success is not some secret that you have to search for or unearth in order to reach your destination; it is rather the understanding or the recognition factor that you develop with respect to what you really want in life. Intuition, courage, skills, knowledge, challenges and opportunities are some of the concepts that determine the traits of people who enjoy wealth. Any task performed with the right spirit will give you victory. Mental attitude is what will give you success, but negative attitude, laziness and working unwillingly will result in failure.

Do not expect too much in too short a time, but your approach should be positive and execute your task with absolute perfection, paying particular attention to your long-term goal(s). This means that you approach your duty with concentrated energy and you execute your plans righteously. This should be your philosophy of life.

To begin a new venture, it vitally important that you realize the following,

which I have to say is crucial. You have to appreciate the fact that to start a business you need to acquaint yourself with the term cash flow. Investment in the form of a capital is a requirement, but more importantly it is the concept of viability of the business venture that matters most.

Steps to Personal Wealth

Decision-making is perhaps the hardest step to get over with in your quest to begin the journey to wealth. The problem is until you do not delve deep within yourself to unlock your innate qualities chances are that you will be indecisive and hesitant. This is not wrong as such, but more often than not this 'feeling' may not allow you to maximize your full potential.

There is no secret to unleashing your full-blown potential – the 'secret' lies in your willingness to listen to your inner voice. The initiative to seize a good opportunity that comes your way is by undertaking the task in a methodical way.

Sit quietly, calm your senses and thoughts, and meditate deeply on the subject matter in question. Do not jump into anything at once just because the idea seems favorable. Most things appear very 'good' in the initial phase, but thinking, planning and time are a prerequisite. Often it is something within that will tell you what to do. The secret is not necessarily from without, but can be acquired from within.

Striving to do your very best at all times is the little secret that will help you amass wealth. Imagination (I mean constructive imagination) which is the power to visualize is an important factor in creative thought – but as you will appreciate you will not be able to do this without a strong will, and above all this faculty of visualization has to be ripened into firm belief and conviction.

1. You must have the desire to achieve your goal of fame – this is rule number one.
2. Be prepared to handle money efficiently with respect to budget, expenditure and responsibility and/or accountability.
3. Do not spend more than you are required to and spend less than you make.
4. Personal problems, including addiction not only to drugs etc., can be ruinous. This is something that must be taken care of from the

very onset.

5. Figure out ways to invest and above all begin to save money. You will have to play smart and get your priorities absolutely right.

In any venture, it is likely that you may face a lot of antagonism, a far cry from an idealistic situation. Over expectations, over optimism and the tendency to 'wish' that things run as planned, can and often may lead to failure.

Thus as mentioned earlier planning is very important to your success. Of course the other factors that one needs to consider also are over work and exhaustion. In the hope to make your millions, the probability is that you will become a frustrated wreck and become quite despondent – this will not be helpful in your progress or pursuit to wealth.

Achieving Your Goal

When you persist refusing to accept failure, know that the object you have set out to achieve will materialize through the dynamic willpower.

Thoughts can be incredibly powerful tools, and if you are willing to implement this divine gift then you are sure to attain your goal. If you cling to a certain thought with dynamic willpower, it assumes a tangible outward form.

Now is the time to cauterize the negative characteristics inherent in the form of habits, lack of strong willpower, lack of confidence, hesitation and wrong attitude towards life in general. You have within you the power to accomplish everything you want, that power lies in the will. The root cause of failure in life is lack of concentration – do not hoard yourself with ideas, concepts and strategies all at once in the very hope to succeed. Begin slowly and be consistent in your goal setting scheme.

Focus your attention on one thing at a time, and do not allow your MIND to go in a state of 'over drive'. There is a scientific way of utilizing concentration, and the magic word is to keep calm, while you perform all your duties with the correct speed.

Do NOT rush and create chaos, but rather methodically and meticulously focus and center your whole mind on whatever you undertake, and the important thing is to keep your mind flexible.

Once you know that you are genuinely on the right tracks and on the path to achieving your goal, do exercise care as far as time management is concerned. It is often very easy to get involved with a project so much so that you can get carried away in perfecting whatever it is that you are doing.

You must prioritize your work and above all respect and honor the value of time – do not waste your time and your life!

The Keys to Success

As I have mentioned the environment plays a huge role as it is quite inevitable – particularly our inner environment.

A calm relaxed individual is far more likely to come out a winner in a trying situation than his/her counterpart – a person who is nervous, frustrated and erratic. The former has his senses fully identified with the environment in which he places himself.

However, the restless individual does not understand the environment and consequently gets into trouble. The keywords are focus, concentration and care in whatever you do in life.

1. Develop a definite and a clear-cut goal/aim.
2. Draw up a wise workable plan/program.
3. Guard your health. Without health there is no real wealth.
4. You must conserve your energy.
5. Be honest in your life (in words, deeds, thoughts and actions).
6. Stick to virtues and adopt good principles.
7. Reflect upon ideal personalities and seek strength from their philosophy.
8. Seek divine guidance and be truthful.
9. Endeavor to help and serve others with gratitude.
10. Always think positive and believe in the power of the universe.

Transformative thinking is indeed the way to success. Set out a plan to achieve your goal and deliberately ruminate over the meaning of this plan and make it happen.

From time immemorial great people from all walks of life have emerged as true victors and the reason behind this is training the mind for happiness. Ethical discipline is essential, particularly self-discipline.

Each individual is unique. What is good for person A may not be suitable for person B. However, it has to be emphasized that all can enjoy quietude, solitude and silence, and to be honest every individual irrespective of age, caste, creed, color, sex has at some stage or another experienced peace.

After discovering through trial and error method, you can determine the precise way to compose your mind body complex and thus attain great heights.

Meditation may not be effective for all, but that does not mean that you do not improvise such methods as and when required.

Be systematic, and your only goal should be to employ methods that bring you success and happiness.

Our mental faculties determine our actions, and it is quite obvious that the mind should be tamed and subdued. Constant vigilance is necessary and continuous training of the mind will pave the path to ultimate success.

Do not fall prey to the dictates of your mind!

Optimistic, heroic and noble ideals have a powerful and uplifting effect upon the body. Enthusiasm with deliberate well-orchestrated self-application in joyous mood and absolute optimism is the secret path to wealth for all great men.

Prosperity IQnyte: 03 – The Power of Thoughts

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The preceding chapter highlighted the importance of cultivating correct attitude and developing faith in what you seek to achieve in life.

Nothing in life is impossible, unless you think it so. Thoughts are remarkable ‘packets’ of energy and if you tenaciously cling to a certain thought with the dynamic willpower, there is no reason why this thought cannot manifest according to the blueprint you have created.

Earlier I briefly mentioned by explaining how a person interested in art can step up his/her abilities to excel in life. I shall now use the same example to illustrate the power of thought. An artist develops an idea of creating a painting or a drawing of a beautiful landscape.

The thought process initiates a series of ideas and the artist subsequently uses these ideas to produce the skeleton work, which allows him/her to eventually complete the final work of art according to the mental blueprint created initially. A mere thought process allows the artist to create the masterpiece!

This creation is in itself a scientific principal based on the Universal Law Of Creation. It is the source from which everything manifests. It is in us all, and it can certainly be tapped if you are just willing to give it a go. The secret is not really a secret, but it is a treasure trove within each and every one of us and we have the right to use it most efficaciously.

Is it not true that when you see someone so very happy and elated, your mind gets caught up with the cheer and you discover that there is a smile on your face?

The thoughts are so closely inter-weaved with the mind. If the thoughts are calm the mind is calm. In any aspect of life, be it starting a business, getting your first job or getting married, the relationship of mind and thought is foremost.

Systematically, therefore we must train and discipline the mind for right thinking and diligent activity, and thus have correct understanding of what you really want in life, and how this will add to the effectual dynamism in your quest and what you ultimately seek – your path to success and wealth

will become gracious, meaningful and attainable!

People with certain qualities are almost magnetically attracted, and such qualities are called positive qualities. These qualities are present in all of us, but they are not invoked or clearly understood. We know what love, kindness, courage and joy mean, these are noble virtues, and we also recognize them as qualities we admire in others.

Despite knowing this, when we act we act compromising ideals. The reason behind this is that we are never true to our own selves – we are constantly acting and putting up a ‘show’ to please everyone around us, but ourselves! It is painful, demoralizing and quite agonizing not to be your true self.

You may exclaim in disbelief, and say what has this got to do with wealth and prosperity? I acknowledge your concern, but I humbly request that you take a moment or two, and in the silence of the night ruminate over this point deeply. I would like you then to implement what I mentioned above by being yourself.

Notice the changes that occur with the passage of time, and what you will truly discover is that when one can bring out into expression the fragrance of one’s innate positive qualities or characteristics (of who you really are), then not only people but all the things that you have ever desired or wished for will come to you.

“As the thought, so the mind.”

In order to fulfill your set goals and your dreams, it is necessary to practice what the book outlines.

The habitual inclination of our thought patterns is ultimately the deciding factor, which determines our abilities, talents and our personal characteristics. Based on this critical and vital piece of knowledge, one assumes that those lucky few have been born with the special talent you lack and fervently desire to have.

To a large extent this is true, but it has to be said that no one is born a millionaire – full stop! The valuable information lies in the art of cultivating the pattern that brings success. We are what we think we are.

It is true when Masters say that, “Your Thoughts create the environment”.

- Thoughts develop personality
- Thoughts promote health

- Thoughts influence the body
- Thoughts can change and shape the future (destiny)
- Thoughts bring forth creation
- Thoughts influence the physiology and psychology of people
- Thoughts can bring success
- Thoughts can even heal the body

Watch your thoughts constantly. Your experiences and the environment have their 'seat' in thoughts.

Your suggestion, and auto-suggestions via meditation and visualization techniques must be stronger than the 'thoughts, and when your actions uplift you, know that you have understood the art of controlling your thought processes.

You can accomplish anything through the power of thought. Visualization uses your imagination to allow yourself to 'picture' your success or achieving your earnest goal.

Your mental thoughts or vibrations are incredibly powerful, because the mind has a tangible connection with your thoughts and your actions. Your thoughts are subtle energies and have a strong connection to our consciousness.

Therefore, constant nourishment of positive thoughts via visualization, yoga and meditation will bring harmony, happiness, health and wealth!

Factors That Bring Inertia

First and foremost is to introspect, and this literally means that you take stock of your traits and habits.

Often, lack of self-analysis is the cause of our short fall, and it is the lack of definite, undivided effort and attention that stands in your way to progress and achievement of your desired goal.

Introspection therefore means reassessment of our mental 'block' and diagnosing deficiencies by weeding out negative tendencies in the form of habits, indecisiveness, fear, lack of confidence and so on – what we often term as failures.

It is time to re-energize so that by uprooting all these negativities from your life the true happiness with the zeal to progress becomes prominent and

firmly rooted.

The greatest enemy that stops us from advancing in life other than apathy, lack of confidence and inferiority complex is FEAR. Fear will literally stop us from moving forward – in fact we will not even fulfill our very aim to succeed. The best way to combat fear is to practice deep breathing exercises, and every night mentally affirm that you are under the protection of the supreme personality of godhead, and energize your thoughts with positive feelings.

Consciously uproot the seeds of fear from within by forceful concentration upon courage, and shift your awareness to a level that allows you to fully appreciate that you are beyond any type or kind of hurting. Fear comes from the heart, so fill your heart with LOVE, and when you feel agitated relax, calm down and breathe rhythmically, relaxing with each exhalation.

Of course there is yet another problem, which I believe, is the major cause of frustration and subsequently dampening our ability to excel in life. It is, what I call ‘desirous of results without the will to put in the effort’. I have personally failed because of such a negative outlook – and I am the first one to admit this openly.

Now this is where the point I made above becomes clearer. Failure, sorrow, illness and inadequacies are natural eventualities when the Law of Nature is broken.

Transgression and violation of the eternal Law of nature brings misery. As human beings we have the abilities to shape, correct and change our lives, goals and destiny.

The greatest impediment that you will ever meet in your life is your immediate environment. If anything you will have to change that – you may have noticed that I started this book sounding slightly cynical and somewhat over cautious, much less a little negative – the prime reason for this will now become apparent.

The environment that I just mentioned can be defined into two, namely the inner and the outer. It is these two fields of environment that you will have to watch out for.

All your experiences come from your mind stuff – or the inner environment (thoughts). What you perceive through all your senses from the outside will

equally shape your future.

Thus the important point here is to keep watch over your thoughts. My suggestion to you is to beware of your inner environment more so than your outer environment. For example you may have stumbled upon a great home business opportunity that is potentially superb and just right for you in every aspect.

You are happy, and quite willing to give it a go...yet in retrospect something about this business 'stops' you from going ahead with it. There may be several reasons for this, but I am very curious to learn the major reason. Rest assured it cannot be the money (because it is within your budget), nor can it be a hype (because it has apparently worked for thousands with testimonials to confirm).

So what is it I wonder? Think about this point, and you will no doubt come to a favorable conclusion...and surprisingly it is, the mind stuff – the perpetrator.

To succeed in life you will have to begin by correcting your thought patterns, because it is the company of your thoughts and the affinity you have for them that will determine your fate.

“Thoughts express through the physical body.”

The Risk Factor

Without digressing from the subject matter, I would like to remind you what I mentioned in the early stages of the book regarding the dualistic nature of life.

Why is it that some people are so lucky and yet others fall behind in the struggle to succeed?

To answer this conclusively it is worth noting that in general majority of people have the notion that affluent people have something special which they obviously lack – This is not true as we all know, however what makes one person richer than the other is largely dependent on the choice or the decision taken, coupled with the risk(s) acknowledged through the greater understanding of the power of discrimination, and the ability to weigh and balance the scales of your intuitive faculty.

Now the risk that you take has got to be one based on the understanding that the venture you have decided to pursue has been researched thoroughly.

You only embark upon taking a driving test for example once you feel that you are proficient enough to pass it and not otherwise.

Thus, the risk that you undertake in this regard has got to be what I call an informed risk. In other words, it is one where you have confidence on what you are getting yourself into, and this too is based on information source that you have searched well.

The fact that you are now reading this report is to gain the understanding on how to achieve financial success – thus this report is in a way your research tool to enable you to then implement the techniques and the tips outlined to achieve the goal. The action taken has therefore come directly from a source that can be considered authentic, valuable and genuine.

Once you feel confident to take the driving test with the guidance of the driving instructor of course, you decide to take the driving test – this is the perfect way to ensure success. I wish to redress a point made previously and it is about learning.

You must be willing to learn constantly, because to gain any skill, knowledge and power, you must be prepared to LEARN.

Commitment is the vital force which you should very much get used to from the very onset. Remember that there are certain situations that you may not have direct control to bring any foreseeable changes, which may result in much heartache.

However, this need not ever be the case because what really matters is the mechanism or the manner in which you control the situation and ultimately how well you react to it.

The trouble with us is that we tend to live in the past and in the future at the same time. When our mental faculty becomes over burdened we become discouraged.

The load is too heavy for the mind, so we must restrict the load. When we have too much to do at one time, we should at once stop our activities. The clock ticks on at a regular pace, it cannot tick twenty four hours away in 60 seconds, nor can you do in one hour what you can do most effectively in twenty four hours. Live for the now, and the 'future' will take care of itself.

Do not be greedy and above all do not burn yourself out by 'wanting' to become a millionaire!

The tables have turned around, more and more people are resorting to a simple back to basics lifestyle – without so many luxuries and fewer worries.

The dualistic concept of nature is prevalent everywhere – you cannot prosper if you write out cheques without having credible funds or credit (deposit) in your bank account, sooner or later you will run out of money.

Without peace of mind, the likely hood of running out of ‘steam’, happiness, calmness and strength you will become ‘bankrupt’ mentally, emotionally, spiritually and physically drained. What a pity it will have all been to come to a point of utter desolation!

This is when you must dwell on the power within, and mentally affirm your purpose in life; you may want to go through some pleasant experience so that you forget your worries completely. The point is do not take anything too seriously, enjoy what you have and be happy with what is your due.

What You Must Avoid

It is natural that when the unforeseen happens we are far more likely to react in a negative way. However this need not be so, the book reveals ways to achieve your goal harmoniously and diligently.

The following are some pointers that will be most helpful:

1. When things go wrong do not overreact. Think positively and calmly.
2. Do not be over judgmental, and over critical.
3. Try not to ignore a bad situation, beware of the comfort zone.
4. Wisdom and strength alone can help you overcome much of life's imminent problems.
5. Tackle problems head on.
6. Avoid greed and conceit of any kind.

There is a business ethics and a businessman should practice this ethics. Those who are strictly honest and truthful will flourish in business. Let us once again consider art as an example to highlight what has been discussed thus far. As we all know we have innate powers – within each and everyone

of us lies the storehouse of latent energy bursting to be ‘awakened’.

Let us assume that you have the creative power, and that being an artist for example you can virtually paint and draw any subject or theme.

Fair enough, it is obvious that you have considerable talent as not all artists have this ability. Since you are aware of this, you may assume that because your artwork is good it has good potential to be sold. True, but let us consider all factors that need to be taken into account a step at a time.

1. You may be a very good artist, but if your work does not get noticed and appreciated, it is of no real benefit. It is important therefore that your work gets noticed (through maximum exposure) and the way to do this is get your name established.

This requires that you contact the right sources and approach artists who have been through the ‘same’ learning curve as it were to reach the path of prosperity. You must take into consideration competition that may exist in your chosen field. You must prepare a good foundation – this can be done using the information within the pages of this book.

2. Your artwork may be exceptionally beautiful, but without understanding the dynamics of the market place your work may not blossom.

3. From your personal perspective your work may seem to have great potential. However, it is relevant to appreciate the views of the general public – in other words your potential buyers.

Do not get into the rut that most do, “hearing what we want to hear” this is a type of preconditioning that can bring untold misery.

4. You must look into other areas to develop your potential. Expand on subject category/theme, use of various different types of media (e.g. acrylics, oils. Mixed media etc.), deciding on how to promote your work, you may even want to sell originals or reproduce prints perhaps... The possibilities are endless, the question is how determined you are in your quest to succeed.

The psychology of success depends on number of factors, but the one I believe that is most vital is self-belief. Most people never get the first stage of success because they lack this characteristic, which is essential.

Such conditioning often stems from your personal experiences, but the causative factor is environment, which has already been discussed. Though it is good to be cautious about anything that you do in life, it is equally

essential that you do not get tangled into the technicalities of the 'process', but rather focus on the benefits and the ultimate reward that it yields.

Dedicate your goal to achieving success by implementing the five cardinal words beginning with the letter D to your success, namely Devotion, Discrimination, Discipline, Determination and Duty.

There is no harm in raising questions regarding proposals that come your way or even business opportunities you intend pursuing. So long as these questions afford all the answers and that you decide to follow through considering all the factors, then it is all well and good.

However, when your questions defeat the very purpose of your inquiry then it becomes a 'vicious cycle'.

Why, what, where, when, who are words that we often use to ascertain information about everything in life including business ventures – thus giving rise to questions.

The question with the word why is a necessity for it will help us draw a perfect conclusion and help us overcome doubts. The problem with this is that if you are not clear about your goal(s), then the very question why you wish to even pursue the venture becomes meaningless.

What you must consider are probable long-term goals, benefits and how your first step to wealth and success will enable you to enjoy greater heights.

The Inevitable Mistakes

As human beings we are very restless – we often become overwhelmed with joy, success or gratification. It is so very important to maintain your calm during such events, because excitement can lead to problems, of which one is over spending.

That said, it is also quite important to realize that success may just 'knock' you back, in that you may become complacent and 'decide' not to do much, because you 'have it all'.

This is a terrible phase that you could ever possibly get into, and one you must consciously be aware of at all times. However, the one thing that you must beware of is the ego complex – do not let your ego become an impediment in your endeavor to attain wealth.

The best medicine to avoid ego is to conserve energy. The energy that has

been generated and conserved, unless it is directed into the right channels, it will be catastrophic.

We must control our urges, and this is where the art of practicing balance in life becomes an essential tool to your success. Idle talk is one single factor that can destroy your desire to succeed.

Remember, that people around you and the company you have will determine your future success – you may waste precious time, but those around you will make it even worse, they will contribute to overall wastage of your own time.

Thus as the saying goes, ‘like attracts like’ should be the maxim, and above all use your common sense all the time, and only do that which produces positive results.

Being systematic too will help avoid confusion and annoyances, which can both, have an adverse effect in your business venture and goals. Do not take on board work that may set you back.

Try to evaluate the situation, paying much importance on priorities – do not procrastinate, do not waste time and most of all do not waste your precious energy. If you act thoughtfully then time will be managed most efficiently.

If words, deeds, thoughts and actions are good then life will be good, and each moment will bring success and ‘time’ taken to achieve the coveted goal will be...well your guess is as good as mine.

Mind is the cause for bondage and freedom.

Prosperity IQnyte: 04 – The Law of Success

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Simply by understanding common principles, of which some have already been discussed above, one can attain success.

A conscious effort has to be made to provide good experiences for the mind. Nature has provided man with everything in vast abundance – sadly though human beings have not quite realized this fact.

You must make up your mind to be successful. How can you do this effectively?

How can you develop will? Success comes with planning, determination and faith no doubt. To ascertain this fact I suggest that you try the following: Choose some objective that you think you cannot accomplish, and then try with all your energy and strength to do that one thing.

This could be anything, from drawing a portrait to mastering how to use the computer. When you have achieved success, go on to something bigger and continue striving forward exercising your willpower. Despite any set backs do not be shaken at all, but derive strength from your surroundings and above all learn from like-minded people who have sought to achieve success courageously without ever losing hope.

Remind yourselves of people like Abraham Lincoln, Henry Ford, Mother Teresa and many more who have achieved the coveted position, because of their innate power of faith and dynamic willpower. Remember, you too can achieve the same success.

This law can be applied by anybody and it does work. It is true that our thoughts and actions shape our future and destiny. You must be willing to channel your talent and innate capabilities in the right direction, so that you can soar to new heights.

To recap on what has been said thus far, allow me to remind you what it takes to be successful.

- Planning is crucial and perhaps the most important step to your success.

- Prepare yourself to change your views, habits and your thought patterns.
- Only pursue tasks that are important. You must divide your needs from your wants – there is a fine line, so exercise discrimination.
- Watch your personal financial situation. Budget well and reduce spending.
- Surround yourself with people with a positive persona and those who are successful. Read books about people who have succeeded in life.
- Do not pretend to be who you are not. Be yourself and do not show off.
- Expand your horizon and be enthusiastic and ambitious.
- It is good to increase your income but it is even better to invest in assets that will make you wealthy.
- Prepare to work hard and make sacrifices.

Right actions enrich, strengthen and motivate us fully vitalizing our inner resources.

Cultivation of such values and adhering to the right values of living will help us grow and achieve success.

Such a consistent regime and exposure can mould our character and will help redeem our lower tendencies.

Time to Learn Who You Are

I would frown upon anyone who would even think of making a comment, by saying that success is only a wishful thought.

We are not born failures – let me get this point straightened. We have all been successful in our lives at some stage or another, and this is an undeniable TRUTH.

The following points will surely enable you to understand who you really are, and that is a guarantee. Once you ascertain your own attributes, it becomes

that much easier to embrace ideals that will allow you to leap to greater heights.

1. Are you generally enthusiastic and positive or the complete opposite?
2. Do you like to work hard and would you put in that little bit of extra effort if you did what you love most?
3. Are you being all that you can be – you may want to analyze your strengths and weaknesses.
4. Are you content with your present situation and/or circumstances?

Upon answering these three very important issues, you can determine your future. Remind yourselves about the importance of discipline and organization mentioned earlier.

The next point I wish to highlight is simplicity. Do not unnecessarily create hardships in the way of your work and the goal to success.

By simplicity I mean, do not complicate situation, and do not let success get to your head – pompous attitude is yet another problem that may bring you down. Be humble, assertive and righteous in your endeavors to succeed.

A calm individual can achieve virtually anything simply through the power of concentration – this is a scientific based truth.

Research has clearly shown that techniques like yoga, visualization, and relaxation can bring heightened awareness, thereby allowing the individual to reach his maximum potential.

By the power of concentration and focus, a person can accomplish that which he/she has desired.

The Need for Change

We are all too aware that nothing ever remains permanent in life, despite understanding one fact that life itself is a continuum, what we have failed to realize is that our own attitudes, conditioning and propensities stops us from incorporating changes.

One of the most difficult things to change is our nature (the indelible

thoughts), particularly those that have left a mark (blueprint) on our psyche.

We may be able to change a lot of things around us but the need to change our thoughts, attitudes and habits which almost certainly have become a part of our self identity becomes arduously difficult a task.

As with all things in life time can heal anything and everything – allow time to help you grow in life and without wasting time reach your individual goals.

How do we change our mental attitude? The answer is very easy – once again there is no secret as such, nor is this arduous a task to implement. The primary answer lies in the word change itself. Initiating gradual changes in your lifestyle will help you reach your goal much faster. I say that the answer is easy with respect to how we can bring about positive changes, because let us consider habits for instance.

Habits take time to take root, as we are all too aware. Just as you ‘learn’ your habits with time you simply begin to unlearn them. Habits are very difficult to eradicate at once, and thus you allow time to take care of your habits. What has this got to do with being happy and rich, I ‘hear’ you ask?

Well, my friends I would like to throw back the very same question to you! Ask yourself why you have not been able to progress?

Put into practice what you have gathered thus far. Sit in a quiet corner and open your heart out, and solve this problem – the answer to all your problems good or bad lie within you. The exactness of the problem will no doubt vary, but the reason(s) for it are self-explanatory.

They stem from experiences, environment and your thought patterns. Why is it that person Y is able to quit smoking and yet person Z has much difficulties to quit the habit, though both have been smoking for ten years, and both smoke twenty cigarettes a day? The answer lies in what I have already discussed above, and it is our THOUGHTS.

The one thing that you will have to change in your life is your current perception of who you are, what others think of you and finally who you really are?

While you can change your thoughts, your environment and your business strategies, what you will have to realize is that you will not be able to change the very Law of Nature – it is perfect. Thus, we must respect this and begin

to adhere to its governing dynamics, without violating it. How can nature affect our success?

This is a valid question, but upon deep analysis you will understand that we as human beings are constantly breaking the rules, laws and life's eternal processes daily.

Without digressing from the subject matter too much, carefully watch and notice how the beautiful rhythm of nature is fulfilling its duty daily without any discordance, and interruption. Likewise we have a lot to learn from Nature. Deviation from truth leads to utter dismay and failure, and breaking the Laws of Nature will bring despair – in short the macrocosm and the microcosm are indifferent.

The decisions that you make in your life will determine the outcome of your future events. Always think first of what you are about to do or intend doing, and by undertaking this act how will it then affect you.

Do not act on impulse, but rather remain calm, quiet and try to maintain deep silence as much as you can. It is simply amazing what you can achieve through silence and introspection.

I do suggest that you undertake a form of relaxation exercise, such as meditation or even yoga to help you achieve peace and success. Good judgment is a perfect indicator of wisdom through the expression of the power of intellect via the discriminative faculty.

If you have clearly recognized your folly, then you must admit mistakes and bad habits. If it annoys others or affects your health, conscience, financial status, family, well-being and your peace of mind, then you must ask, 'How much better off would I be without it?' If you do not benefit from this – why even take it up or think about it?

Understanding Failure

'Reason is the greatest enemy that faith has.'

This is a fact because both the believer and the non-believer are quite likely to resort to this statement in support of their respective arguments.

You have already been acquainted to life's dualistic nature, and as such human reason will find both 'pros' and 'cons' for both good and bad action respectively.

This is when you have to learn to be guided by the inner voice of 'conscience'. The following arise from this innate powerhouse, intuition, truth, peace, righteousness, love, nonviolence (in words, deeds, actions and thoughts) and power of discrimination. These attributes have their existence in the soul.

This is the greatest truth that you cannot afford not to know. Effort is proportional to grace, but I wish to add that success is proportional to effort only when you have learned to appreciate the qualities of love.

Whatever you do put in all your effort and do whatever you do with absolute love.

Those who are willing to take risks achieve success. It is a known fact, that young people are more adaptable to changes. As we age it becomes a little tricky and tougher to bring about changes and the ability to adapt to wide ranging comfort zones. Before it becomes too late, weed out the problem early on – do not allow it gnaw into your system. Like a virus take action and remove it from your system at once.

The fact is that we are born perfect (I do not mean this in a physical sense of the word), but the rigors of time 'adulterates' this perfection, and therefore the infinite possibilities that lie lurking within us become diffused.

However, what makes us superior is that there is but one great gift which is ours all the time, and this is our extraordinary power to discover, develop and declare that we as human beings have the capacity to reach great if not greater heights – lying within us is the infinite source of energy that is distinctly ours!

We are helpless victims of our own desires and wants.

Prosperity IQnyte: 05 – The Final Goal

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Most people as I am sure you will agree do everything half-hearted, and the reasons(s) for this have all been covered.

They do not use their full potential, mainly because they have not understood the power of the mind.

Often we are drawn or compelled to do things that bring sorrow. Temporary pleasures bring sorrow, and consequently majority of us through fear or perhaps even lack of confidence are ‘forced’ to throw in the white towel.

This need not be the case, because this book gives you the ability to overcome these hurdles, by delivering words so potent that you can change your circumstances. It is high time that you watch the graphs of your mind very carefully.

Upon introspection it is now time to weed out the dirt and through the use of the power of discrimination distinguish that which gives you lasting happiness as opposed to sorrow.

The bottom line is you have to exercise control over your thoughts.

The following is included to guide you to your journey to wealth, health and happiness.

- Avoid dwelling on all the wrongs things you have done.
- Repeating wrong actions over and over become habits. Simply take care not to repeat those actions again.
- Do not think of yourself as a failure. Use failures as a means to acquiring success – do not give up until you reach your desired goal.
- You will have to erase the grooves of bad habits that you have created by creating good habits. If you are lazy decide to become positively active and assertive – set yourself tasks or goals and make sure you achieve them.

The fact that we resist change shows that we have our own 'comfort zones' and this is a result of our thoughts. Why is it that we resist change – the simple answer to this question is fear of change.

A change means that we have to let go of that which we 'feel' is 'right' for us.

The question then remains to be asked is what is right for you? This is a difficult one, and the answer is that until we are not fully content within ourselves then even a millionaire who desires an extra million is a beggar. How many of us are content?

We seek instant results, and when we do not 'see' results we become despondent and subsequently give up. It is my belief that when you desire a thing for the right reasons then nothing will ever stop you from acquiring it – this is the eternal law.

Paving Your Path to Success

I wrote this book with only one intention in mind and that is to help you understand and ultimately help you realize the Power of the Mind.

What you will shortly find out is a series of steps that you have to follow very strictly to ascertain your deep-seated desire. These steps are not monumental tasks, but simple guidelines to get you started.

1. Believe in yourself, and the power of affirmations. Successful people become successful through constant use of their willpower. Do not be frightened of mishaps in the initial stages. Transform failures into success through wisdom, strength and faith.
2. Believe in the philosophy of 'simple living and high thinking'.
3. Do not hold anything against anyone. Strive to overcome your past grievances and move on. Try to forgive everybody 'hurt never help ever'.
4. Honesty is the golden rule. Observe silence, meditate and remove all negative tendencies from your system (i.e. jealousy, ego, hatred, fear and so on). Stick to the following principles, love, truth, righteousness, peace and non-violence (you must not even injure anyone through your speech, actions and thoughts).

With absolute determination, it is relevant that to acquire success you associate with people who have already attained it.

To appreciate the purpose of this book, it becomes vitally important to scrutinize the following points. It will make more sense to you now why success or failure depends on how you define yourself:

IMAGE: The better you feel about your self-image the more likely you will succeed. Image does not necessarily mean looks; it also has a deeper meaning and connotes reflection.

The image that you may have about yourself is more likely to stem from what you 'think' about yourself. The internal environment that I have discussed earlier can play a crucial role in determining your final goal.

EMOTIONS: It is obvious that our thoughts and feelings, which are subtle, have tremendous influence in our lives. The best way to counteract these subtle forces is to exercise silence during meditation and relaxation exercises.

It is advisable to take up a form of exercise to keep your mind positively active. Of course the second benefit is health. Healthy body serves as a perfect 'vehicle' to do well.

Every individual seeks happiness in life. Now the very happiness we seek becomes a joy once found. This joy can surmount to 'bliss' simply by incorporating.

LOVE. You must share love in what you do and you must love what you accomplish daily in your life. In the silence of the night, introspect and learn how to improve your life (in words, deeds, thoughts and actions) and thank the supreme universal energy.

Together with what has been said above, good communication skills, interaction and good relationship is the way ahead – this is ultimately the essence of fine virtues and character that will make you successful.

Develop a harmonious personality, and remember what was mentioned at the start, always use loving words – words can bring peace or start a world war.

Conditioning your mind effectively will allow you to reap the rewards. It is very good practice to scrutinize your daily thoughts just prior to bedtime, and log this in your progress book.

Set goals and targets daily and work at it until you achieve them.

Time is the most precious asset in life, use it wisely – time wasted is life wasted. When you decide to achieve success in your life, make sure you do not have conflicting thoughts. If you learn how to consciously control and thus implement the inexhaustible powers within you, you can accomplish much more.

Language is nothing but the expression of thoughts and experiences. Communication plays a vital role in your overall success, much less your day-to-day living. Through the power of knowledge, you can achieve specific goals, because the secret of our strength is in our knowledge. When you have an idea that is workable it is necessary to focus on it hundred percent.

Do not tell the world about it – there is no need for such ‘show’. Ponder over it and develop it into a ‘product’ that has a sound base. Without a firm foundation an edifice has no chance to stand.

The Law of Prosperity

There is no harm to desire success and all the other good things in life, but rest assured, desire which leads to the nagging feeling of lack or incompleteness can be dangerous.

If for any reason desire leads to sleepless nights and frustration – it is time to STOP whatever is it that you are doing.

Contentment is the true single factor of affirming your abundance. A selfish desire leads to utter failure!

Spiritual law is very powerful indeed.

That said, you must endeavor to follow the following principles daily in your life. Always be good to all around you, do not be treacherous and deceitful. Beware of the ego and be true and sincere.

Thoughtfulness is incredibly important, so always remind yourself of people who may not be so lucky, and extend your helping hand as much as you possibly can to those who deserve it.

Training your mind to accomplish great heights is not a difficult task. In your spare time, do not waste your energy; instead spend time contemplating on the power of your innate being.

Meditate daily and visualize your success and your goals. My friends, the

power of the mind is simply awesome, the fact is that we do not even use 10 percent of it in our daily lives – now based on this scientific understanding just imagine what you could achieve if you were to use the remaining 90 percent?

Just as you savor food when you chew it and taste it – perform each and every act with a sense of gratitude and do it willingly and most importantly happily.

Do NOT follow every little impulse blindly, learn to reflect and distinguish between what is temporary and fleeting and what is lasting, what is essential and what is non essential, between what is pleasing and what is unworthy.

Self-conquest will give us that which we are seeking. It has to be stressed that balance is also an essential ingredient in your quest for success and wealth. You must allocate time for yourself and your family or the loved one's. A permanent happiness must be independent of a changing environment.

Do not become a workaholic or a 'wealthpreneur' freak in your quest to success, lest it damages your relationship, much less your attempts to sincerely succeed in life.

Do not deviate from the path of righteousness or the Law of Nature. It is great fun indeed to witness success and wealth, and the joy that wells up is beyond belief no doubt. However, if happiness, joy and success all come at once at the expense of your health, then I am afraid it is all a terrible waste.

The way to being wealthy, is by the employment of the following virtues which is our real true nature, and it is to be found not just in human beings but everything around you: Truth, righteousness, peace, love and non violence. Ask yourself, that if all fellow human beings apply these attributes consistently – the world and its inhabitants would prosper.

We must approach all our work (including problems) or duties with concentrated energy and thus execute it with absolute perfection. Endeavor to do all the things (little or however small a duty or job this may be) in an extraordinary way. Perform all your work and duty with LOVE and enthusiasm, and watch the results. Never attempt anything half heartedly; you will not progress in life.

Power of Words

Power of words can have a very strong impact on our minds and in our lives.

Before I continue, I would like you to cogitate on the following question, could someone remain silent at all times?

Not letting anyone know what is inside his/her heart and mind for the mere reason of not being verbally or emotionally expressive? Yet I can say with certainty that each and every one of us are silent talkers. We talk to ourselves in many ways and situations, some times we hurt ourselves and yet at other times, silent talking brings a wonderful smile to our faces!

Communication is therefore very important in life. Words are powerful and depending how they are spoken, they can influence our day-to-day thought processes, actions, behavior and our outlook towards life as a whole.

Of course depending on how they are used the effect words can have is quite incredible, they can be used to persuade, inform, hurt, ease pain or even start a war! Words spoken with great emotions have the power to bring changes that can speed up the body's healing process!

This enormous power is in the meaning of the words, what they mean to the person who hears them. Far more than simple communication, truth, falsehood and the infinite shades between them, words have the power to manipulate other people's thinking and behavior.

It is our interpretation of words that is the true cause of our emotional reactions.

Words spoken softly, unselfishly, innocently and with absolute love are the ones that get lodged indelibly in our being from whence they produce their overwhelming soul stirring effect. Thus it is so important to use words selectively and appropriately at any given time and situation.

Modern science is beginning to appreciate the powerful effect words can have on our bodies when they are used in the form of prayers or even affirmations. Did you know that through conscious effort, we could create a very strong willpower in ourselves?

Affirmation for success:

I will pursue relentlessly, as it is my birthright to be successful. I am powerful and I shall achieve what I need at the time I need. I am destined to

reap the fruits of my actions and I will share my joy in success with all I know.

Benefits of Affirmations

- Self-esteem and a positive outlook
- Helps you achieve goals and targets
- Improve you memory and skills
- Helps to create an inner self-belief (willpower, confidence and character)
- It can help you evolve spiritually

Words spoken softly gently and lovingly will be attractive and procure instant admiration. Wealth is in itself a word, and by itself it does not mean anything.

The one single factor, which gives the word wealth, the meaning is the intellect. The wealth of information is nowhere to be found, but it is within us at all times. Intellect is cultivated through logic, and the main point is that dry logic and philosophy can often prove counter productive. Thus, it is essential to communicate effectively, because in pursuit of wealth, you will need to sell yourself your business or your company via communication (words).

However, communication on its own will not reciprocate your success.

The Power of Unconditional Love

It seems to me that people have forgotten the real value, meaning and definition of the word love.

You may exclaim and say what has love got to do with wealth! It is naturally difficult to define true love, let me explain, say you want to learn how to swim, you read books about the art of becoming a good swimmer, but until you do not jump into the swimming pool under guidance, the true meaning of swimming does not have any real value or meaning.

You will have to taste the fruit to know its real flavor, as the saying goes.

Selfish love rooted in desires that are in no way harmonious is the most damaging, and if you become 'immersed' in acquiring your goals via deception, calumny and against all the noble and ethical principles than you might as well put this book away.

Those who understand love live in harmony and it is natural that these individuals will attract what they have willed to achieve.

The greatest power of attraction in every sense of the word be it a relationship, business and friendship is love.

As a budding entrepreneur, remember that the attractive power of love is incredible – you must practice compassion, and watch yourself grow and watch your venture thrive.

Upon achieving any form of success in life it becomes pertinent that no matter what happens, you do not force your success on anybody – avoid egoism, pride and do not impose your power on anyone – it is wrong to do so.

It is crucial that by getting wealthy, you do not abuse your newly acquired ‘power’. When power is used appropriately know that you have achieved glory.

