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How to Set and Achieve Your Goals

Are you just going? Or are you going somewhere? There's a big difference. How to Set and Achieve Your Goals will deliver all the tools you need to make sure that the path you're on is one that you've planned to be on and one that will take you where you want to be. With guidance and advice on how to set goals, avoid pitfalls how to stay motivated and focused, this book is one tool everyone should have in their toolbox!

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Personal Development

We get so busy during the holidays, Start the new year off with a new way of thinking, acting, and being. Don't let this year be just another cookie cutter image of last year. Make it yours, make it what you want. This article can give you tips and steps to make this year the start of long line of great years to come.

3 Steps Promise New Year Abundance

By Cheryl Janecky

Take 3 simple steps and plant the seeds of prosperity and harmony for your new year ahead. Now is the time to clear out the old and make room for the new. Sometimes the hardest things to hear (and do) are so simple and easy you can't believe they work. Give Good Fortune a try - you'll love the results.

The Winter Solstice months of December and January are the longest nights and the shortest days of the year. It is a time that nature draws within herself. Leaves fall,

some animals hibernate, as do many trees in cold climates (and the sap runs again in the spring.)

It is a time of you naturally turning inward to inner peace and stillness - and also a time of festivities, parties and gatherings of friends and families. Find your balance between the two and spend quiet time now.

"Nothing happens unless first a dream." Carl Sagan

Dust off your imagination, and play with your own potential for the coming year. What is your Dream of the best life can be? Discover your own unique creative path to wealth and health.

Can you Imagine your past year - and life up to now - as a big garden? Try it. Pretend that all your habits, activities, work, play, hobbies, and relationships are flowers and vegetables growing in your life's "garden." Winter is the best time to clear some space for new growth in

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"Reach high, for stars lie hidden in your soul. Dream deep, for every dream precedes the goal."

- Pamela Starr

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the Spring.

This time of year is quiet, and much now lies dormant. You can easily see the weeds of fear, judgment and blame that kept some plants (desires) from blossoming and bearing fruit last year. Some places the weeds overtook your best intentions, and your harvest was not what you'd hoped.

Imagine you can clear out the old "weed" habits of fear, anxiety and blame...set them aside, dried and withered, and burn them. Watch them go up in smoke. Now the ashes will make the soil richer - so dig everything up, turn the soil, see the rich earth fertile and ready to bring forth new life in the spring. The seeds of your future need a fresh place to grow, then bear fruit and a bountiful harvest in the coming year.

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." Aristotle

Take three steps and assure you have created the space for your New Year.

To have something new - you must create the space for it - and do something new about achieving it. Use your power to Vision and Imagine as a good starting place.

Imagine the Winds of Change clearing away the old and opening up a way to bring in the new.

"How much pain they have cost us, the evils which have never happened." Thomas Jefferson

Step one: Cleanse.

Clean away and let go of all that is no longer of use, remove all that is interfering with you flowing easily in life. Make room - a fresh clean space to invite in all you Desire. Open up and release all that is outside your Vision.

Cleanse away old models and unconscious habits that conflict with your vision. All fears of loss,

of not being good enough - fears of illness or poverty or aging.

Clean out fears (from ancestors and childhood) - of authority, of others, of evil (stopping or interfering with you) and of not being safe on your own or of working with others.

Fear of change, fear of failure or of a set-back, fear of taking risks, fear of humiliation or that someone will disapprove of your Dreams.

Fear you can't find your right place and your own inner-Vision. Fear you can't do it, can't make it on your own, that no one will help. Fear of not knowing the outcome, nothing is certain, most fail, what do you fear?

Clear away the old habit patterns that keep you ignorant of Inspiration and Opportunities. Old habits guarantee you will fail: Following others and authority, sticking to old ideas and models... compulsive responses to social triggers and remaining consistent to the past.

"Courage is the power to let go of the familiar." Raymond Lindquist

Step two: Renew.

What needs to be renewed, refreshed, remembered, and revitalized?

Renew your sense of yourself: Choose to move into the fresh, light feeling of love and appreciation for all life. Make a list of 20 talents and 10 things that make you happy. Recall your inner-Vision. Follow what feels good, a natural path from your heart to your Dream.

Renew your commitment to stop automatic responses and live Mindfully. Feel the weight of ignorance, of old models, falling away and with it the fear, anxiety and inertia that blocks the path to the life you want.

Align with your Dream of the good life - and feel the fun and Joy of

living it NOW. Remember to feel appreciation - that "vibration and feeling" is out of the range of fear.

Seek out your Dream in your daily life and to enjoy the qualities of fun and playfulness you want to live, even in small ways.

Open to your New Year ahead. Open your body - to healing quickly, being vital and flexible. Open your mind to the knowing within and speak of love and joy. Open your heart to the love all around - share it and feel happiness. Open to Mindful Intentional living NOW-present, aware, secure. Open to be at-ONE with Source - the creative Life Force within you.

In the past it may not have been possible to have it all - but now it is. Anything you Desire and Focus on is available to you: Your potential is unlimited. Renew this expansive, happy feeling and live it. Look for it and you'll find it.

Love your Dream unconditionally. Renew your commitment to live your passion. Accept and approve of doing what pleases you most. Be free to create and explore the best life has to offer. Well-being is your birthright. Claim your rightful place as a Creator in life.

"The way you treat yourself sets the standard for others." Sonya Friedman

Step three: Purity.

Find the core essence of you - the place you're perfect. Your pure essence is you loving your Vision of your future.

Feel the purity of the Life Force flowing into creation. Enjoy it and flow with it - it's leading to everything you want.

Once the old habits fall away - you are free to explore more of whom you are and what you Desire. Feel the freshness, the lightness, and the purity of your intention to find and live loving, happy, easy, playful

experiences - that Attracts more of your Vision.

Find your pure inner Vision. Take it with you to your holiday parties and gatherings. See the world from within the life you love. Everyone will enjoy you - and you will not be bothered by anything - those that are not in harmony will not be attracted to you.

"If we all did the things we are capable of doing, we would literally astound ourselves." Thomas Edison

Cleanse, Renew and find Purity: three steps to guarantee a successful future.

Do you feel a difference now - from when you started imagining? Your feelings open up possibilities. It

really is that simple. It does take repetition and quiet time so you can hear your own Inspiration.

Spend time alone- get to know your self. Choose to be in Beauty and Nature - that refreshes and enlivens you. Stop all self-talk, be still and allow Inspiration to emerge - it is the easy way to make changes, and quiet time opens the door to your inner guidance. You'll find you really like the YOU in your Dream. Why not live that now?

Once you have your garden free of fear and ready - imagine planting the seeds of health and wealth...and spend some time dwelling on how good life will be this coming spring and summer as what you Desire grows tall, blossoms, bears fruit and

you harvest just what you want. How often repeat it? How much do you want what you want?

Your Good Fortune: "Sow the seeds of your future with every thought, word and deed. A bountiful harvest will soon be yours."

Cheryl Janecky is the expert on attracting Good Fortune and quick easy steps to Living the Dream. Get the facts and free "21 Insights, tips and strategies" at <http://www.quick-good-fortune.com/Get-Rich-Quick.html>

Start today, find your passion, take action and live your Dream. From the new sciences and ancient wisdom, get the free facts on exactly how to resonate and attract abundance at <http://www.quick-good-fortune.com/Law-of-Attraction.html>

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Health & Wellness

The holidays are over. They are just a faint memory of family and festivities. Well, not quite. You have a blatant, extremely rude reminder hanging around your hips. How horrible! Well, fear not, this article can help you get back in shape after the holidays.

Holiday Aftermath - How To Get Back In Shape After The Holidays

By Patricia Zerkovsky

Now that the holidays are over, when you look in the mirror your waistline may seem a bit larger than it was before the holidays started. Whether it was the silky-smooth egg nog, the deliciously-decadent chocolate cake, or mama's home-made fruit cake, you may have only gained a few extra pounds from your holiday indulgences but the effect it will have on your health may be far-reaching.

Studies indicate that during the holiday season, most people may only gain about a pound during the season between November and January. This study may come as a surprise to a number of people since

most people believe that they gain between five and ten pounds over the holidays. In a study, researchers found that volunteers overestimated their holiday weight gain by about 5 pounds. However, in reality, only a small percentage of people actually gained more than 5 pounds over the holidays.

This is good news for most people. However, the bad news is that any extra weight that is gained over the holidays is not lost during the rest of the year. Researchers say that although the weight that most people gain during the holidays is small, it will usually accumulate from year to year and can lead to serious health problems including obesity later in life.

This study underscores the importance of developing a plan to deal with the extra weight that you may gain during the holiday. Deciding today to lose holiday pounds by eating healthy and exercising is the first step to getting in shape after the holidays.

The first thing you may want to do is to take small but consistent steps

to gain control over your weight and take charge of your health. For example, if you were not very active during the holidays, then don't train like an Olympic athlete now. If you try to do too much too fast you may be setting yourself up for failure. The best approach is to begin every step that you take slowly and increase your efforts from there.

One great strategy that will help you lose weight and improve your health is to add more fruits and vegetables to your diet. Not only are fruits and vegetables low in calories but they also supply your body with much needed vitamins, minerals and antioxidants.

Another strategy you can employ is to cut about 800 calories a week from your diet by either eating less or exercising more. The best solution, of course, is to eat less and exercise. When combined with exercise, eating smaller, healthier portions of food is a sure-fire method of losing weight and getting in shape.

Just 20 to 30 minutes of exercise

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performed 3 to 4 days per week is sufficient to achieve noticeable improvements in your health. Moreover, if you don't have a lot of time, those 30 minutes of exercise do not have to be performed all at once. If you're short on time, try breaking up your fitness routine into small segments of 10 to 15 minutes each throughout the day.

Then, when you have more time, you can schedule in more physical fitness into your routine.

If you gained a few extra pounds over the holiday, the result of not taking action can have serious implications on your health. Deciding today to take a proactive approach to your health and your weight is the most important first

step you can make to optimum health and a healthier new you.

Patricia is a health focused content author and wants to help you lose your holiday pounds. For the latest Diet, Fitness and Weight Loss Tipsthat work please visit Patricia's site at <http://www.squidoo.com/weightloss-dieting-fitness/>

Article Source: http://EzineArticles.com/?expert=Patricia_Zelkovsky

Family & Parenting

Start the New Year off with a new routine. You've been busy as a little beaver getting everything ready for the holidays and guests. Now it's time for you to get everything ready for you and the year you want to have. Get the year off on the right track with this article.

January Home Improvement - Get Back on Track After the Holidays

By Jennifer Jordan

As the holidays reach an end, you might find yourself letting out a giant sigh of relief. The holidays are busy, the holidays are hectic, and the holidays are often a time when we neglect our homes in an attempt to concentrate on things like shopping, cooking, and keeping the liquor key cabinet away from Grandpa Sal. To put it simply, the holidays and home maintenance don't mesh.

But, now that the holidays are over, January is a time many home owners find themselves picking up the pieces, and getting back on the home improvement track. To get started right, consider the following tips:

Take down those Christmas Lights: We know, we know: it's only January. Usually you don't take your Christmas lights down until the summer solstice nears, but this year, do it early. As nice as you may think your Christmas Lights look hanging from the eaves of your roof in spring, take it from us - and your

neighbors - an undecorated house is better. There is a time for holiday decorations, and months after the holidays have passed isn't it.

Return the items you got for the holidays: Whenever you open a present and utter the words, "Oh, you shouldn't have" you might be overwhelmed by kindness or you might be being literal: the holidays are filled with presents we love and presents we hate. Instead of keeping the ones you hate for a long period of time, eventually going to return them only to realize that it's too late, return your items now. Not only will this free your house from the space they are taking up, but it will also give you a chance to get something you really want instead of something you'll never use.

Take any lessons you learned from house guests: As the holidays wind up, you might find yourself a little bit happy to see your house guests head home. After all, in-laws, cousins, and grandchildren can all wreck havoc on your everyday life. While it might not be so hard to see them go, you can use their departure to apply what you learned to home improvement. Did your Aunt Sally continually complain about a leaky window in the guest room? If so, get it fixed.

Chip away: There's no way around it: if you live in cold weather, you're bound to find snow during the wintertime. Some of this snow stays for a short while, quickly melting before you can shovel,

but other storms leave snow and ice stuck on your driveway for three or four months. This not only is inconvenient, but it's also dangerous. If you are unfortunate to live on the shady side of the street, and find that your walkway is a lawsuit waiting to happen, get out a shovel and start chipping away. Laying down salt and sand can help the process.

Get a jump on Spring cleaning: You just survived the holidays; the last thing you want to think about is spring cleaning. This may be the case, but while you're already in "clean-up" mode, why not just go all out and give your house a good scrubbing. Clean out the garage, fix up the basement, remove debris from window wells. Whatever your spring cleaning entails, starting now will leave you thanking yourself come April.

Jennifer Jordan is the senior editor for <http://www.etodoors.com>. Someone who changes her mind every five minutes, her house is in a perpetual state of home improvement.

Article Source: http://EzineArticles.com/?expert=Jennifer_Jordan

Workplace Support

Boy, those holidays sure were fun. Time off to spend with friends and family. The festivities and food were great. But now it's time to go back to work with everything that goes with it. All the work that has to be done, deadlines, more work than people, over time, the boss, and the stress. Read this article to get some fresh ideas to help make this year a better year in the workplace.

Start the New Year With Fresh Satisfaction in the Workplace

By Trudy Brusenbach

The start of the new year is a time to make and honor resolutions - both on a personal and professional level. And one of these resolutions is to increase your satisfaction levels during the hours you spend at work. Our work environment often has a big impact on our mood, motivation, productivity, and job satisfaction.

Recent workplace studies indicate workers rank their work surroundings as the most critical element of job satisfaction... even more than job recognition, compensation, and security. Productivity is highest when a person is relaxed and free of stress, which occurs when an environment is soothing.

All this suggests that a great way to get a jump on the new year is to refresh your workplace ambiance with the latest colors and designs. Even small changes in your work environment is likely to boost your energy, make you more comfortable, and help you make it through long days of important meetings and emails. Here are just a few suggestions:

Personalize your space. Your work space should be your favorite space in the entire office. Add your favorite artwork, photos of your

family or friends, a vacation photo, even a picture of your pet. Gentle reminders of your personal life beyond work help get you through the day.

Go green in the new year! The latest studies show that if you add plants to your work environment you will feel more connected with the outside, more alert, and more productive. Plants can also remove common toxins from indoor environments and add oxygen to stale air.

Add color from the latest color trends. Not only will you look stylish to your coworkers, you will also feel more content to spend time in a space where you have chosen the color scheme. The latest trends in colors for [2009] are relaxing and nature-inspired and are accented with a more modern grouping of contemporary contrast colors. Soft neutrals of wheat, cocoa brown, pumpkin orange and cinnamon apple pie soothe even the most stress-filled day. Natural leaf-like greens and organic browns make you feel more in tune with the earth. And for those who desire a more stark contrast, choose crisp clear reds and deep plums to black and whites for a real energy boost.

These simple changes can have a large impact on overall job satisfaction, increase creativity, and get you and your coworkers in the right frame of mind to accomplish great things in the New Year.

Trudy Brusenbach is the Marketing Manager of Ambius. Ambius is dedicated to improving the interior landscape of businesses across North America. Ambius provides a broad range of products and services to enhance the workplace including interior landscaping, ambient scenting and odor remediation, wall art décor and holiday décor. Ambius is a division of Rentokil Initial plc (LSE: RTO). For more information, visit the new Ambius website at <http://www.ambius.com> Ms Brusenbach has over 10 years B2B MarCom experience specializing in business and brand development.

Article Source: http://EzineArticles.com/?expert=Trudy_Brusenbach

Business Building

No rest for the weary. You've marketed during the holidays, and you've had personal obligations to attend to as well. Time to take a breath and rest. Oh no you don't! Now is the time of year to really make your presense known. Take advantage of the after holiday market with the tips of this article.

Marketing After the Holidays

By S McIntyre

Businesses are getting an early start on their holiday advertising. Look around you...after Halloween, the festive displays adorn malls everywhere. Flyers and catalogs are knocking at your door. Soon you will be hearing on the radio and television the telltale signs the holidays are quickly approaching.

Community forums, social networks, blogs etc. are coming alive with holiday buzz. It's inevitable and you either go with the flow or ignore it altogether. Ignoring it wouldn't be a wise choice, but using it to your advantage is.

Will you be joining in the masses of offering some business specials of your own? Of course you will. Or maybe you won't because you're thinking ahead.

How will you fare after the holidays? After the mad rush of sales and discounts galore, where will you and your business be standing? This is usually considered the slow season, but it doesn't have to be. While it's good for your business to offer sales during the holidays, you can hold back a bit or go full force continuing your marketing efforts through the New Year.

If you're not joining in the masses then you should be taking advantage of this perfect opportunity and seeking out what your competitors are doing and

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gather tips to brainstorm for an effective “after sale” marketing campaign.

More than anything, this will be the time to kick it up into another gear. Not everyone will go overboard on their advertising budget. I’m sure there will be some bargain hunters looking for some good sales. These same bargain hunters may be waiting for the “after sale” and this is where you will come in to meet their needs.

Not all bargain hunters are bargain hunters so make sure you have an advertising campaign that is affordable to fit the needs of all budgets.

What would an “after sale” entail? It’s not necessarily getting rid of old or discontinued inventory at hard to beat prices. It can be, but it’s also the perfect time to introduce new products, services or advertising space that is affordably priced without underselling the value. These can be sold well into January and February or simply bundle up some items and mix ‘n match old and new. It’s really up to you.

Marketing your business is year round. It doesn’t start and stop. It doesn’t just pick up during the holidays and slow down after it. It does if you let yourself become complacent.

Instead of facing the dreaded slow season, your think ahead marketing plan will be prosperous. Ring in January and the New Year with consistent traffic and sales to your business. What a great way to start off the New Year on a high note!

S McIntyre owns <http://www.WorkAtHomeSpace.com>, a free work at home resource focusing on telecommuting companies, daily telecommute job leads, articles, business resources and other work at home related topics.

Article Source: http://EzineArticles.com/?expert=S_McIntyre

Drugs!! I don’t take drugs unless my doctor gives them to me. I know I can’t be a drug addict. Are you sure? Read this article to see what you could be addicted to and all the places you can find it.

How does caffeine affect us?

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Caffeine is an addictive drug, affecting 90% of all Americans, which alters the brain’s natural state, and stimulates it in a manner similar to the amphetamines cocaine and heroin.

The mechanisms employed by caffeine, cocaine, and heroin, are to close blood vessels in the brain, so the brain and body cannot sleep, to cause the release of adrenaline into the body, so the body remains active and alert, and to manipulate dopamine production in the brain, so the person experiences a temporary “high.”

Caffeine may be found in its natural state in many plants, including tea leaves, coffee beans, and cocoa nuts. The pure form of caffeine is a bitter, white, crystalline powder derived from the decaffeinating process of coffee and tea. The vast number of products in which caffeine comes, range from coffee, to tea, to colas, to milk chocolate, and to pain relievers, just to mention a few.

Most people are unaware of caffeine’s addictive properties. Those who consume 300 mg. or more per day, suffer from withdrawal symptoms if they abruptly cut off their caffeine supply. Most users will suffer from symptoms of fatigue and depression, irritability, tremors, jumpiness, deprivation of deep sleep, and vascular headaches, as the blood vessels in the brain dilate. Caffeine, however, can be medically useful as a cardiac stimulant, and also as

a mild diuretic used to flush the system.

One of the mechanisms that caffeine addiction, cocaine addiction, and heroin addiction share, is that they block an adenosine’s ability to slow the nerve cells’ activity in preparation for sleep, and instead increase the speed of their activity and of the neuron firing in the brain. The caffeine causes the blood vessels in the brain to constrict, because it has blocked the adenosine’s ability to open them to allow sleep. The ability of caffeine to close the blood vessels is why many pain relievers contain caffeine. If a person has a vascular headache, the caffeine in the medicine will shut down the blood vessels, thus easing the pain.

The increased neuron firing in the brain triggers the pituitary glands to release hormones that tell the adrenal glands to produce adrenaline, also known as epinephrine. Adrenaline, the “fight-or-flight” hormone, gives the user’s body a boost, and heightens the person’s alertness.

One final mechanism caffeine, cocaine, and heroin share, is their ability to manipulate dopamine production. Dopamine, a neurotransmitter, activates the “pleasure centers” in certain parts of the brain, and simply makes a person feel good. Naturally, the pleasurable effect produced by dopamine manipulation plays a prominent role in caffeine addiction.

The short-term effects resulting from caffeine consumption, such as alertness, renewed energy, and pleasure, may not necessarily outweigh the longer-term effects of caffeine addiction. Caffeine, despite its similarities to amphetamines, has side effects that are not nearly

Did You Know?

as severe, and withdrawal symptoms that are, generally, not life-threatening.

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