



Galileo
Professional
Services, Inc.

Do Life Better!

The Navigator

A monthly idea source to help you navigate life!



A GPS production - helping business and professionals navigate life's challenges!

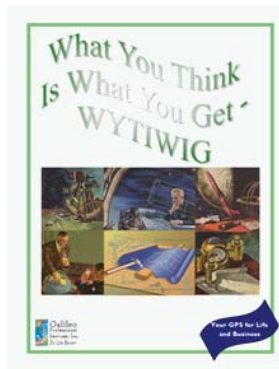
April 1, 2010 Volume VI, Issue IV

©2010 Galileo Professional Services, Inc.

What You Think Is What You Get – WYTIWYG

Do you ever have thoughts that you haven't a clue how you got. Well, you're not alone. Don't let your thoughts stop you from being who you want to be, achieving what you want to achieve, or doing what you want to do.

Have the successes you want and deserve. What You Think Is What You Get - WYTIWYG will teach how to capture unwanted thoughts and change them to produce the results you want in your personal and professional life.



**For a limited time only Book \$7.95. Regularly \$9.95.
File \$3.95. Regularly \$4.95.**

Personal Development

Where the mind goes the body follows. Make sure your mind is going where you want your body to go or you'll end up somewhere you don't want to be. Read this article to help set your mind on the road to success.

Mindset - Who Holds the Key to Success?

By John Champion

The Key to Success - Mindset - Making Money Online

Mindset...how big of a word is that in the online industry or any industry for the matter, work or sport related. You ask any professional sports star and they will tell you that it is all down to mindset...they knew it and visualized the win before it even happened, millionaires and billionaires are not there today

because that sat around waiting for things to happen. They had an idea and the correct mindset to achieve those goals.

Mindset is a very important aspect of becoming wealthy and successful, you need to think positive, have faith and believe in yourself and what you are capable of achieving! In order to advance from one level of income or achievement to the next there needs to be an advancement within you...

As you know, there are millions of opportunities out there to make an absolute killing, and in so many different areas of work. There are literally unlimited avenues and opportunities you can pursue to advance your own success. Do you need to find the most stellar and lucrative opportunity

Inside this issue:

- ✓ What You Think Is What You Get - WYTIWYG
- ✓ Mindset - Who Holds the Key to Success?
- ✓ Workforce Sustainability - How to Get the Most Out of the Employees You Have! - 2
- ✓ Lifestyle - How to Maintain a Healthy and Balanced Lifestyle - 3
- ✓ The Easiest Way to Help Yourself - And It's Free! - 3
- ✓ Conscious Business - The Secret Internal Ingredient of Business Growth - 5
- ✓ Why Do We Dream? - 6

"Run when you can, walk when you have to, crawl if you must - but keep moving forward and never, ever quit."

– Dean Karnazes

Galileo Professional Services, Inc.
160 NE 6th Avenue
Hillsboro, Oregon 97124-3240
Phone: 503-846-9228
Toll-Free: 866-846-9228
Fax: 503-846-9478
Email: info@GPS4Life.com

in order to advance to the next level or do you need to advance yourself first? I believe you need to advance yourself first...People chase opportunities, it's a natural human thing, something new and exciting comes along which gets them all excited about potentially making a good sum of money, all the hype that comes with the new prospect and idea. Then, after all that excitement wears off a bit so goes the opportunity...there is a saying strike while the iron is hot and this a perfect example, people will buy into the idea when it's hot but when it fades out and the opportunity falls off the desk and gets tucked away in the drawer of forgotten dreams. But not to worry as there will be another exciting opportunity knocking around the corner...We all get bombarded with tons of emails and requests a day advertising new and wonderful products and they all look so lucrative so it's no wonder we all get carried away with the excitement.

Do you not think it will be better to master a topic before moving onto the next big thing? How many income producing opportunities do you know of that are out there... tons... and they require a lot of energy to be mastered. If you focus your energy on one topic at a time then you won't be running around like a headless chicken trying to finish all the dead end jobs, instead you will be focused and clear about the task you set and confident that you can finish them in the required time... Lay one brick at a time and focus on making a difference...

There are an abundant of opportunities out there with millions of strategies, methods and ideas to make a fortune...but there is only 1 YOU... and ONLY YOU determine if you achieve your dreams or not! Focus on making

yourself stronger and wiser and you will have half the battle won. You really have to zone in and focus on protecting your dream. Do not let anyone ever tell you that you can't do it.

You can lead a horse to water but you can't force him to drink...I can give you all the right tools and strategies to become wealthy and successful and have the freedom you desire but only YOU can make it happen. Take action and do not give up especially when the going gets tough and you think you have lost, coz you will never know if victory was another step or corner away.

Don't get left behind in the Rat Race, change your mindset and believe in yourself... nothing is unrealistic.

Greatness exists in us all we just choose not to believe. Change your life today, take action and start believing.

My name is John Champion and I am just as a normal guy as you are, I work hard and like to play even harder. I am very easy going and relaxed but also dedicated at achieving my goals.

My business background varies from being in the military / private security business to sales and administration to running a few businesses. none of these ventures gave me as much freedom as having my own international online mobile business. I aim to help others in their quest for financial freedom or personal freedom.

<http://www.whoisjohnchampion.com>

<http://250kincome4u.com>

Article Source: <http://EzineArticles.com>

There are more workers out there than there are jobs so why worry about the workforce you have? It costs much less to retain the workers you have than to replace them. So, why not provide an environment that will get the most out of the ones you have? Read this article to get ideas on how to keep the employees you have and get the most out of them.

Workforce Sustainability – How to Get the Most Out of the Employees You Have!

By TJ Helm, CPC

We've heard it over and over: A happy employee is a productive employee.

It's not like I can cut you from the bottom of your left earlobe down to your forth rib pull that out and go: "See there, that's your work. Or that's your personal life." It doesn't work that way. We are all like a fine tapestry and when one thread is tugged it affects the others.

Whether you work for a large corporation or for a small mom-and-pop shop you spend a considerable amount of time at work.

That's why it's so important to consider the whole employee when determining and providing ways of showing appreciation.

When an employee feels valued they will focus more on the positives of the Company/Management/Task rather than the negatives.

With a more positive outlook people have feelings of being honored and appreciated for not only what they do but also for who they are. This helps to develop an environment that gives people freedom to be their best and to do their best.

continued on page 4

Health & Wellness

How can you take care of your family or your work without first taking care of you? When you don't take care of you, and you keep giving of yourself, you're giving dregs. What you want to do is fill yourself to overflowing, so others get the extra and you're not depleted. This article will give you tips on how to keep you to overflowing.

Lifestyle - How to Maintain a Healthy and Balanced Lifestyle

By Rose Jane

- 1) Eat the right food rich in fiber, green veggies, more fruits but less in red meat, fats, carbohydrates and sweets. Always keep a balanced diet as your top priority for the day. Take note that "an apple a day keeps the doctor away."
- 2) Sleep regularly at least 6.5 hours and not over 7.5 hours a day to be more productive at work and so as not to weaken your immune system.

An effective sleep is during nighttime starting from 9 o'clock when body's adrenal system is recovering. How well we sleep can seriously alter the balance of hormones in our body. A good night's sleep can improve the memory by 30%.

- 3) Exercise daily for at least 30 minutes; outdoor exercise enhances oxygen circulation to the blood and allows sunlight's natural Vitamin D effect to build bones, to strengthen immune system thereby, healing diseases caused by bacteria, viruses and fungi.
- 4) Pray, think on something to thank God for and meditate on His Word, the Bible before you start and end your day. This will help you clear out your negative energy and your unnecessary worries. It will promote a placebo effect of wellness in your spirit, mind and body.
- 5) Schedule your "To Do's" and arrange them according to its

priority of importance. The best time to do this is during the night before going to bed when you're not in the rush.

- 6) Develop a good study habit or reading good quality books.
- 7) Set a time to recreate with family and personal interests such as pertaining to music, sports, hobbies, cuddling with pets, crafts, travel, livelihood programs, community or church service together.
- 8) Keep yourself and your family healthy by maintaining proper hygiene such as: daily bathing, brushing/flossing the teeth after every meal and frequent hand washing with an anti-bacterial or sulfur soap.

Author: Rose Jane
ESL/IELTS Tutor Online;
Exporter of Fashion Accessories; Artist-Songwriter
<http://www.heartycrations.com>
Skype: rosejane10;
MSN LIVE: englishlife
Article Source:
http://EzineArticles.com/?expert=Rose_Jane

Family & Parenting

Stress, people, events, things, and oh, did I mention stress happens. When we're stressed we tend to take shallow breaths, depleting ourselves of the oxygen necessary to function properly and think creatively. This article will give you information about just how important breathing can be.

The Easiest Way to Help Yourself - And It's Free!

By Michael Behmer

One of the tools we stress in Chaos to Connection is for parents to help their kids is parents taking care of themselves. As with other activities (work, exercise, play), you can only be an optimal parent when you take care of yourself. To parent well, you need to be in a good place yourself - healthy, rested, relaxed, fed. I have

noticed that with my own family is feeling extra stress during school breaks and holidays, and my wife and I are that much less able to parent our kids well.

So what can we, as parents, do to help ourselves? And how can we fit one more thing into our busy lives? The easiest way to help yourself is to practice good breathing. An article, "Just Breathe," in the November 2009 issue "Real Simple" magazine, reminded me of the importance of breathing. As the article states:

Studies show that mindful breathing can do wonders to increase your well-being and can stimulate growth of the brain's frontal cortex, which regulates emotion. Research suggests that deeper and slower inhaling and exhaling can help your body

heal faster from illness, lower blood pressure, and possibly help increase immunity.

Your breathing changes depending on the situation you're in. In high stress situations, your breathing is more shallow and quick. In calm situations, your breathing slows. With the fast pace of life today, it's more likely that you're breathing shallowly all the time. With slow, deep breathing, we can interrupt our stress response and become anchored in the moment (also a key tool in Chaos to Connection).

Good breathing has the added benefit of being free and available any time. You just have to know how to do it and remember to do it.

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

We talk about the sustainability of our environment. Our employees are part of that environment. It's very difficult for a person to concentrate on work, deadlines, and going "above and beyond" when they are unhappy, unhealthy, or have feelings of being unappreciated and over worked.

The workforce today has to accomplish more with less. More work with less people and resources. If employees are using precious mental energy on worrying about their work environment, they will have less of that energy to devote to accomplishing the work.

Employees, people are our greatest resource yet we don't always treat them as valuable.

Tips for creating a valued workforce:

Health and wellness programs help to cut the costs associated with poor employee health, which include absenteeism, loss of productivity, and poor work quality. There has been a 25% jump in corporate interest in providing Employee Health and Wellness programs.

A healthy and happy person will be more productive in the workplace. Employers are discovering that providing programs and resources directed for the benefit of the employee is good for the health and happiness of the company's bottom line.

Coaching is a hot topic among Fortune 500 companies and a recent Fortune magazine article showed executive coaching yields a return on investment of almost six times its cost. According to Fortune, benefits to executives who received coaching included improved working relationships, productivity, quality, organizational strength, customer service, employee retention, cost reduction,

bottom-line profitability, and reduced customer complaints.

You don't have to be among the Fortune 500 or an executive to realize improvements in productivity, organization strength, and customer relations. In fact, you don't even have to leave the comfort of your own office. Coaching is provided through a telephone, at a fraction of the cost of executive coaching.

In one company that had launched a coaching program they were able to identify specific financial and intangible benefits that came as a result of their coaching.

The two things most significantly impacted by the coaching process were:

- ✓ productivity
- ✓ employee satisfaction

These two items alone demonstrate just how valuable a good coach can be to your business. Additional benefits derived from the coaching program were:

- ✓ work output
- ✓ work quality

Happy employees are not only more productive they are more creative and more willing to go "above and beyond". They are also more willing to "think outside the box" which is where the most lucrative innovations and creative problem solving originate.

Imagine how even a ten percent increase in work output by you and your employees could impact your bottom line! That alone would more than reimburse you for the costs associated with a quality coach and coaching program.

More companies are starting to realize that it's smart and profitable to invest in training for their employees. Technical training for

specific job requirements has always played a part in the corporate world.

Now, training is being considered for the improvement of the employee for the employee. Employers are recognizing that this improvement will also benefit the company's bottom line.

A few training topics that companies are finding particularly beneficial are:

- ✓ Stress reduction and management
- ✓ Goal setting and achievement
- ✓ Communication
- ✓ Nutrition
- ✓ Fitness

Training can take many forms. Depending on the employee's learning style, it can be on-line, in a traditional class room setting, one-on-one, on-site or off-site.

According to a Gallup Poll, 80 percent of employees said the availability of company sponsored training programs was a factor in deciding whether to accept a new job or stick with a current one.

Mentoring programs are classic. The focus of a good mentoring program will be on the development of the employee.

Initiatives to recognize and reward staff can improve an employees' feeling of being valued, but even a simple "thank you" from management can dramatically improve the extent to which staff feel like key contributors to the organizations' success.

Don't mortgage the future of your company by ignoring your employees.

TJ Helm, Certified Professional Coach and founder of Galileo Professional Services, Inc., provides training programs and coaching services to help you achieve the very best you, you can be. Visit <http://www.DoLifeBetter.com>, email tj@DoLifeBetter.com, or call 503-846-9228.

Do you know where you're going? Do you have a clear picture of what it looks like? When you have a crystal clear vision of what you want your business to look like you have a far better chance of achieving it. That vision includes you. What do you look like? Who are you? Who is the person growing the business? Read this article to get ideas on how to put you in the vision of your business.

Conscious Business - The Secret Internal Ingredient of Business Growth

By Christine M. Kloser

When was the last time you heard someone talking about the proverbial "next level" in their business? Probably in the last 24 hours! Well, I don't know about you... but I'm a little tired of hearing this phrase over and over again.

When I was in Las Vegas recently with my mastermind colleagues, we originally thought we were there to take our businesses to the "next level." After all, isn't that what mastermind groups are all about? Progress in your business! But, I soon began to notice something each time a colleague stood in front of the room to share... the realization of which leads me to third gift I received in Las Vegas.

Gift #3: The only "next level" is within YOU.

Colleague after colleague, each time someone stood in front of the room and started talking about where they were in their business, it became crystal clear that the only journey we were there to take was the journey within.

Many entrepreneurs (myself included) have made the mistake of thinking that business growth is something that you experience on the outside in terms of

increased clients, more money, more web traffic, more referrals, more invitations to speak, more of whatever you desire in your business. And, yes, those things are all outward expressions of growth... but the only thing that SUSTAINS the external growth of a FULFILLING business is the internal growth of your soul.

Sustained, fulfilling growth does NOT come from what you DO in the external world; rather, it comes from the work you do on the inside. Sustained growth and the progress of your business' evolution is less about the business than it is about YOU. As a conscious business owner, the only thing stopping you from all the success you desire is you, not your external circumstance.

Please forgive me if I'm coming on strong here, but I speak from my own experience. If you've been following me for any length of time, or have read my new book, you know that I have been through some very challenging times in my business... on the edge of bankruptcy and struggling to pay my rent. It wasn't until I stopped TRYING to make my business work, (and started to INQUIRE WITHIN about where I needed to grow so that my business COULD grow)... that my business drastically changed for the better. So, now when I catch myself focused on the external aspects of my business, it's a reminder for me that the growth isn't going to occur "out there", the growth is going to occur inside of me. Then, and only then, do I experience the results I desire on the outside.

So, the next time you find yourself wanting to get your business to the "next level"... it's a sign that the time has come for you to go to the next level within yourself. Where do YOU need to go? What's working?

What's not working? Why are you unfulfilled with the current state of your business? What would "light you up?" What old thoughts no longer serve you? It is this self-inquiry that leads you down the path to REAL, sustainable and fulfilling success.

Christine Kloser, author of The Freedom Formula, helps small business owners put soul in their business and money in the bank. If you want to enjoy a purpose-driven business and a soul-satisfying life, send for my free special report, How to Avoid the 3 Massive Mistakes Made by Most Conscious Entrepreneurs and my free audio, 7 Strategies Entrepreneurial Authors Need to Know... Before Writing a Word, both of which you get when you request my Conscious Business Success Kit at <http://www.LoveYourLife.com>

Article Source:

http://EzineArticles.com/?expert=Christine_M._Kloser

Did You Know

Sometimes you have good dreams, sometimes not so good dreams. But why dream at all? Do we have control over our dreams? This article will give you a different perspective on your dreams. Dream on!

Why Do We Dream?

Copyright © <http://www.coolquiz.com>

Two different schools of thought exist as to why we dream: the **physiological** school, and the **psychological** school.

Both, however, agree that we dream during the REM, or rapid eye movement, phase of sleep. During this phase of sleep, our closed eyes dart rapidly about, our brain activity peaks, and our muscles suffer temporary paralysis.

The **physiological** theory centers upon how our body, specifically our brains, function during the REM phase of sleep. Proponents of this theory believe that we dream to exercise the synapses, or pathways, between brain cells, and that dreaming takes over where the active and awake brain leaves off. When awake, our brains constantly transmit and receive messages, which course through our billions of brain cells to their appropriate destinations, and keep our bodies in perpetual motion. Dreams replace this function.

Two underpinning physiological facts go towards supporting this theory of dreams. The first lies in the fact that the first two or so years of one's life, the most formative ones for learning, are also the ones in which the most REM sleep occurs. It follows that during this time of the greatest REM sleep, we experience the greatest number of

dreams. The second physiological fact that lends credence to this theory is that our brain waves during REM sleep, as recorded by machines measuring the brain's electrical activity, are almost identical in nature to the brain waves during the hours we spend awake. This is not the case during the other phases of sleep.

Psychological theorists of dreams focus upon our thoughts and emotions, and speculate that dreams deal with immediate concerns in our lives, such as unfinished business from the day, or concerns we are incapable of handling during the course of the day. Dreams can, in fact, teach us things about ourselves that we are unaware of.



Connections between dreams that the human psyche have been made by many people over thousands of years. The famous Greek philosopher, Aristotle wrote in his "Parva Naturalia," over 2,200 years ago, of a connection between dreams, waking experiences, and emotional needs.

Others have delved into more complicated explanations for dreams, such as the prophetic

nature of dreams written of in the Bible, which was and is a belief held by many cultures. Sigmund Freud, one of the fathers of modern psychology, believed dreams to be symbolic of any number of things buried deep within our minds and our memories.

Until someone proves or disproves one of these theories, or poses an alternate one, we are left at square one. Our knowledge as to what causes us to dream is limited to the fact that we do dream, and that dreams occur during the REM phase of sleep. Sweet dreams!

TJ Helm is the Owner of GPS-4Life. You can reach her at tj@DoLifeBetter.com.

The Navigator © Copyright 2010. All rights reserved. Galileo Professional Services, Inc.