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The Arete E-Zine

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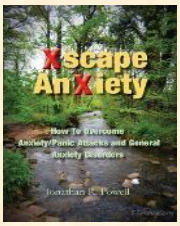
FROM THE EDITOR

Welcome to **2020** and the **January** issue of **your Arete E-Zine**.

Well, that's the Christmas Season over with, I wonder What 2022 has in store for us? Hopefully we will all see the Omicron Covid cases decline.

This month's issue has Eight **New Personal Development Articles** for you, which are packed full of valuable information to help you achieve your life's Goals & Ambitions.

Our **Special FREE Offer - 'TRAFFIC GENERATION'** For **Internet Marketing** is still available at this time – See **Page. 22** For Details.



My New book **'Xscape AnXiety'** published by **Paragon** is now available at all good bookstores!, such as **AMAZON**, **Waterstones** & **The Book Depositry** etc.. **See Page 24** – **SPECIAL ANNOUNCEMENT** For more details.

It Explores ways of overcoming Anxiety / Panics Attacks and General Anxiety Disorders, Offering Guidance, Strategies and Techniques to cope with the stresses that these conditions often present. It also provides the reader with an understanding of Common Medical terms used and Treatments such as **CBT** and **OCD.**

Until Next Time/.... *Jonathan.*





FOUR COMMON FACTORS THAT MAY RUIN YOUR SLEEP

To wake up refreshed, we need proper sleep to maintain our productivity, innovation, creativity, and general well-being. Without worthwhile or sufficient sleep each night, we do not function at our best or feel re-energised when waking up. If you find that you are struggling to perform as normal, feeling anxious and generally stressed then poor-quality sleep is more than likely to blame!

> **I already want to take a nap tomorrow.**
>
> Anon

Scientific research has shown that sleep is essential to our well-being and general health, whilst stages **1** to **4** and **REM** *(Rapid Eye Movement*) are all important, deep sleep is the most essential of all for feeling rested and staying healthy. When you enter REM sleep, the brain activity becomes increased, meaning that the sleep is not as deep. The activity levels are like when you're awake. That's why REM sleep is the stage where you have a tendency to have intense dreams. At the same time, major muscles that you normally control (such as arms and legs) are unable to move.

Let us examine four common things that may ruin the quality of your sleep and discover how you can avoid them.

Poor Diet and Exercise Routines.

The **TWO** biggest causes why many people find it difficult to sleep throughout the night or suffer the sleep disorder known as **insomnia** is because they are either

- **Eating large meals or**
- **Exercising late at night**

immediately before retiring to bed.

This requires your body to work all the harder at the very time that it should be resting. Caffeine, alcohol, or physical exertion, keep you awake as they stimulate the brain and increase your bodies digestion functions, definitely not something you want before sleeping.

Sleeping Around Electronic Devices.

Are you one of the many people that believe they can drift off to sleep by scrolling through their social media, or watch the television before sleeping?

If so, you should be aware that you are only self-sabotaging yourself. The lights and noises from the television keep your brain active and disturb REM sleep, even if you happen to fall asleep. **R**apid **E**ye **M**ovement sleep is when you begin to dream, which is important for learning, increased memory and brain function.

Create Time to Relax & Wind Down.

Always allow yourself time to relax and wind down, in order to help your brain, become calm and quieten down. Your mind and body need time to adjust to the information you have absorbed during the course of the day. Going straight to bed directly from work or other vigorous activities, only serves to elevate the brains activities, causing you to overthink or worry whilst trying to get to sleep.

In order to try and avoid this situation, consider creating a routine that works with your personal needs to help process any unwanted emotions and concerns that you have **before going to bed!** Write them down in a diary or journal, do some simple meditation exercises, read a book, or do some light stretching and breathing exercises, at least thirty minutes before going to bed each night.



Avoid Inconsistent Sleep Schedules.

The Human Body is an amazing biological machine and just like other living organisms, our bodies possess a natural inbuilt biological clock known as the **Circadian Rhythm**, (*although it might not be visually obvious or apparent*) it forms part of our body's internal clock, operating in 24-hour cycles (*in background*) in order to carry out essential mental and physical functions and processes, such as the timing and production of proteins for digestion and the regulation of the **Endocrine System** which uses hormones to control and coordinate the body's metabolism, energy levels and other vital processes including our immune system. One of the most important and well-known Circadian Rhythms is the sleep-wake cycle. This can be affected by light or darkness, which triggers the times that we either need to sleep or wake up. A really good way to ensure that you fix your sleep schedule is minimise the amount of light exposure when you sleep. Draw the curtains, turn off the tv and switch the lights off! – particularly if you are a shift worker.

So, in summary, don't fool yourself, avoid the bad habits and improve the quality of your sleep. It's evident that our bodies are designed to adhere to schedules, and not getting into proper sleep routines and waking up at different times of times of the day really isn't good for you. Remember to avoid noise, eat and/or exercise earlier and take particular note of your environment. You need to be comfortable i.e., not too hot and properly relaxed. Help your biological clock to help you! Proper sleep is vital to your success, happiness, and well-being.



"I'm so good at sleeping that I can do it with my eyes closed."

~ Anonymous ~



BEING MORE ACCOUNTABLE IN LIFE

Right now, at this moment in time, accountability is responsible for the success that you see or don't see in your life. It is about being responsible, taking the initiative to lead and live the kind of life you want. It's about owning up to your faults and recognising that the decisions and actions you take, either have a negative or positive outcome for you and those around you. Finally, accountability is the understanding that only you and you alone are responsible for your actions and what it takes to be successful.

> **At the end of the day, we are accountable to ourselves - our success is a result of what we do.**
>
> Catherine Pulsifer

The following tips will help you to become more accountable:

Be Committed and Keep Track.

To be more accountable, you must commit yourself to being aware of your actions and keep track of them. Create to-do lists each morning, add deadlines to your calendar and end each night with a quick evaluation. Keep a journal and take notes of what you feel you did right, where you believe you may have gone wrong and consequently those areas that you need to improve. The great thing about keeping a journal is that it allows you to refer back at a later date and reflect upon the actions and their resulting outcomes, thus allowing you to modify your plans accordingly!

"Leaders inspire accountability through their ability to accept responsibility before they place blame."

~ Courtney Lynch ~

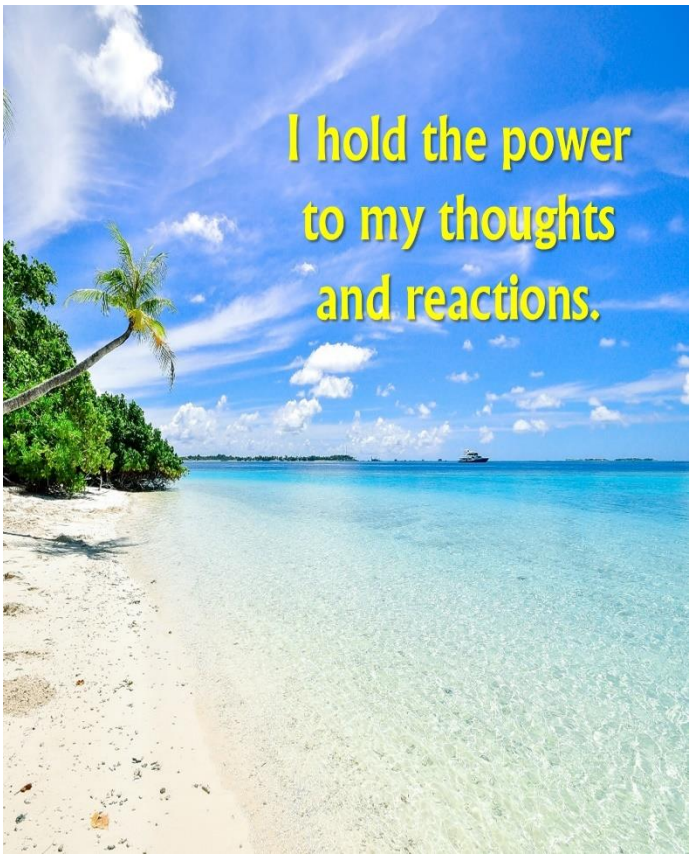
Identify Your Why.

Create a personal mission statement and identify the main reasons why you want to be accountable. For example, what goals do you see yourself achieving, and why is it that they are they so important to you? What are your true-life values and desires?

Before you begin, have your reason for your 'why' written down in a format that is clearly understandable to you. Listen carefully to your inner-voice then, use it as inspiration and motivation in order to make good decisions and take the right actions each day. The more you understand why you are doing something, the better you can improve or adjust. It is also a great way to keep yourself mindful and self-aware.

Understand The Consequences.

Take a moment to visualise what your life would look like if you decided to give up trying to be responsible and let others control your life instead? What kind of daily consequences would you have to put up with or endure? Then alternatively consider what actions you could take and therefore, progress from and avoid those undesirable outcomes. When you fully understand and deal with the reality and struggles that are directly related to your lack of discipline, the more likely you are to take responsibility instead. Why would or should you add daily stress to your life, when you can take accountability and positively change the direction of your life's journey instead?



Follow Daily Routines

Get into the habit of creating a realistic and workable daily routine/schedule that allows you to keep track, so that you are keenly aware of your actions and daily decisions. This way, you reduce the chances of making mistakes. Following set routines can give you the tools that you need to stay on track, and achieve your objectives.

"Accountability breeds response-ability."

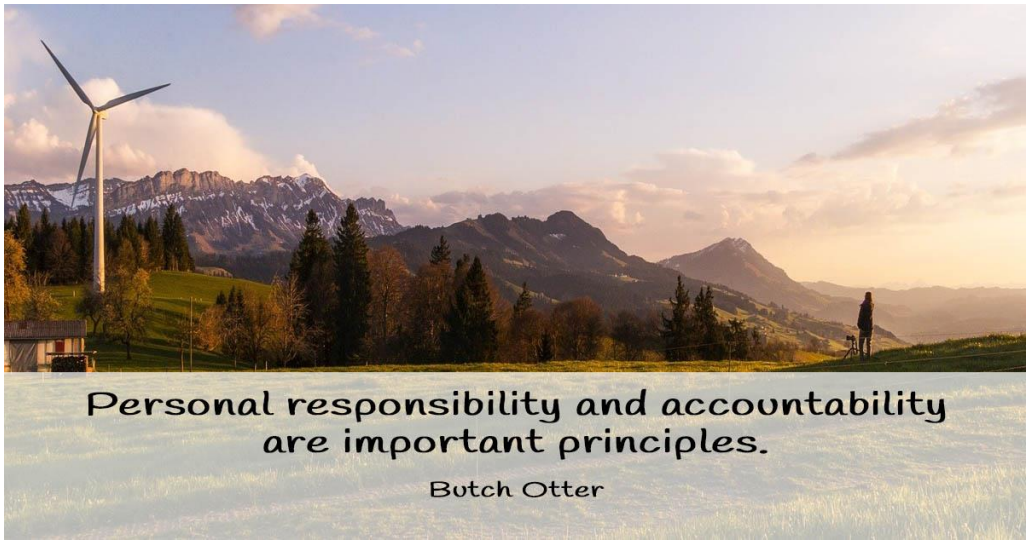
~ Stephen R. Covey ~

Evaluate and Reward Yourself

Evaluating the impact of your actions is vital to improving yourself. Without mindfulness, you won't be able to accurately assess your strengths or be truly aware of your weaknesses. Take the time to reward yourself on the smallest of achievements, and avoid being too hard on yourself about any failures. You are human, and everyone makes mistakes at some point. Treat any failure as a lesson learned, use the knowledge gained to try again and never give up. The difference between those that succeed and those that don't, is their determination to keep getting back up until they do succeed.

Hopefully the above tips, will enable you to see that accountability requires discipline, mindfulness, and a clear understanding of one's goals and objectives in order to be successful.

As the well-known Motivational Speaker & Author **John Di Lemme** says ***"Accountability separates the wishers in life from the action-takers that care enough about their future to account for their daily actions.*** "







DAILY HABITS FOR MORE MOTIVATION

Have you ever thought about what it is that keeps the people that are famous and seemingly hyper-productive so motivated? Well, it is quite likely that at some point in their lives, they struggled too, just like you. What they discovered however was, if they adopted certain strategies and methods that became habits, it helped them to become more productive and motivated and greatly improved their potential in the all the right ways.

> **Everything you can imagine is real.**
>
> Pablo Picasso

Try following these seven daily habits to maximise your motivation!

Visualize Your Goals Each Morning.

For every goal you want to achieve, take a moment to visualize in your mind's eye, that you have already reached that point and living as if you have already achieved it. Visualisation is a tool that allows you to see that your goals can become a reality if you take action. It prepares you and your body for what's to come, and reinforces why you need to get up and get moving.

Practice Morning Affirmations.

Develop a personal mantra or find daily affirmations to repeat over, before you get started on your day. View yourself as a close friend or loved one, and how they would see you. If you were them, what would you imagine them saying to you in order to get you pumped up and motivated?

Optimize Your Workspace and Other Environments.

Disorganization and clutter are without doubt, motivation killers. You need to ensure that you set up your workspace/environment and prepare daily routines so that are conducive to your needs, providing absolute clarity for you to accomplish the activities and objectives required. For example, if you need to finish an assignment, it's obviously not a good idea to have the television on in the background or others in the area. These distractions will easily kill your motivation and keep you from staying on track and achieving your goals.

Expand Your Horizons.

Find a routine or habit that allows you to further educate yourself in ways that you may not have given the time to pursue previously, or perhaps even considered before. This requires taking a step back from your ultimate goals and enjoying the process that it takes to get there. The more education and experience you gain, the more self-confidence and personal growth you will attain, which will improve your natural motivation and self-determination over time.

Reward Yourself, But Keep It Realistic & Healthy.

Giving yourself a treat or reward is a great way to keep up your motivation. However, they don't need to be saved specifically for achieving your ultimate goals, and certainly don't need to be large or expensive. Implementing a few realistic and healthy rewards for the small achievements throughout your day, will more than suffice. Rewarding yourself on achievements, gives you the motivation and determination to persevere with your goals. For instance, looking forward to spending time with a close friend or loved one, spending time on a particular hobby or interest or even just taking an extra hour off work, are a few examples that you can use to motivate you in order to get certain tasks done each day.

Apply the 2-Minute Rule.

When in doubt, do something no matter how small, even if it's only two minutes. If you hit a point where the task appears too large or difficult to achieve, then break it down into smaller portions or steps. When the task becomes easier to do, you won't then have any excuses to avoid it. Most of the time, the most difficult part is just the act of getting started. However, applying the 2-Minute rule can help curb those negative thoughts and feelings in no time at all.

Motivation, is a powerful tool that you can use to achieve your goals and live a more successful and fulfilling life. Our natural emotional and physical energy come in waves, they ebb and flow according to our perspective and circumstances. So, it can sometimes be difficult to stay positive and fully motivated. However, by implementing some of the methods and strategies shown above, will certainly help you to maintain your objectives and help you to towards achieving your goals.

"Motivation is what gets you started. Habit is what keeps you going."

~Jim Rohn ~



EFFECTIVELY COMMUNICATING WITH YOUR AUDIENCE

If you own a business or are involved in any type of community group or organization, then having good communication skills is a quality that can have enormous benefits. It allows you to expand upon your true aspirations and optimise your objectives. Effective communication is required to inspire and persuade people to make a purchase or influence them in some way to make a change(s) or take a specific course of action.

To begin the process of improving your communication skills, you need to be prepared to interact and engage with your audience, in order to maintain their attention. This begins first and foremost with respect and a clear understanding of their needs and expectations. You will also need to be aware of *(Preferably in advance)* your own strengths and weaknesses, as well as the resources required to properly communicate with your audience effectively.

Try the following ways to communicate with your audience.

Be Relatable and Reliable.

Consistent, reliable, and relatable resources are what most people are looking for. It also helps you to increase your exposure, get attention and in front of your audience better.

When you have reliable and interesting content or information consistently available, your audience is far more likely to return or seek you out, for further information and advice again. This is because they feel confident that you are a trustworthy, credible, and reliable source of information.

"Always give a speech that you would like to hear."

~ Andrii Sedniev ~

Use Multiple Platforms and Resources.

These days it is far more vital than ever to be communicating online, and there is no reason you should or could not be. Even traditional brick and mortar businesses rely on online communication to their benefit. Social Media platforms such as Facebook, Instagram, YouTube etc... are all ways of drawing attention as well as specific dedicated websites.

However, traditional offline outlets should never be ignored, in fact there are situations when it can be very effective. Local advertisements have always been great ways of gaining attention and still are! News Papers, Magazines, and Radio can all play a major role in advertising.

To maximise your brand awareness, it is wise to ensure that your image or logo, message, and other resources, are consistent across each platform. However, this doesn't necessarily mean you should share the same specific content or information. Each platform is unique in how the content is shared, and you should endeavour to follow each platforms particular method. However, colours, tone of voice, pictures/images, and how you are presented should all be the same, so that *you (Or your brand)* become familiar or instantly recognisable.

Listen and Really Know You Audience.

Don't just use your buyers' perceived personas to try and understand your audience. Find the real-life version and take every opportunity to get to know who they really are and what their needs and expectations are. Take the time to learn about the people you want to interact with and what it is about them that is unique. Listen to their difficulties and struggles and find ways that you can provide value. Be authentic, by putting your own interests to one side, ask questions and actively demonstrate that you genuinely care. It shows you are human, and you will quickly discover that your audience will not expect you to know everything. You don't need to be an expert on everything to communicate effectively.

> **Wise men speak because they have something to say; Fools because they have to say something.**
>
> **Plato**

"If you don't know what you want to achieve in your presentation your audience never will."
~Harvey Diamond ~



Use the Power of Storytelling.

There is probably no other form of communication as well known and as universally understood than that of storytelling, used by our ancestors long before the written word. Human brains have developed over millennia to understand concepts, unique ideas, events, and other situations using the principle of storytelling. It is an easy method for people to absorb and keeps an audience hooked and attentive. When you share stories, your audience will naturally try to apply them to their own life experiences and ideas. This phenomenon is commonly known as speaker-listener neural coupling. When this happens, the neurons in the brain start to fire in the same pattern as the those that are telling the story. Thus, making it easier people to understand and stay interested. When addressing an audience try to incorporate stories to engage and relax the audience, this is particularly effective if it contains some element of humour – as long as it is appropriate.



Overall, effective communication starts with being truly aware of your audience's interests, values, and feelings and then using proper resources and materials to enhance your content and delivery to send the right message.



LIVING EACH DAY WITH MORE GRATITUDE

Research shows that when gratitude flourishes, the result is a happier and more fulfilled life. This is because the joy that appreciation brings, allows us to see and experience the amazing benefits. Gratitude increases positivity, builds strong relationships, and makes us more aware and accountable for our actions. It also allows us to see the world from a different perspective and enables us to view our world more positively. To bring the joy of gratitude into your life, try the following five simple exercises.

> **As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.**
>
> John F. Kennedy



Mindful Yoga.

Mindful yoga gives you the tools to learn and understand yourself at a deeper level. The main focus of mindfulness meditation is **mind-body awareness** as opposed to the physical postures, while yoga poses help to connect body, mind and spirit. Yoga is considered more holistic as it promotes not only mental stability but also physical and spiritual stability.



Some of the recommended exercises include: -

- **Body Scan** – Lie On your back with your legs extended, arms at your sides and the palms of your hands facing upwards.
- **Sitting Meditation** – Sit comfortably with your back straight, feet flat on the floor with your hands on your lap
- **Walking** – A form of meditation that is practised walking in straight lines or in a circle.

The techniques learned are designed to focus on your breathing, bodily sensations and become more present in the moment.

Take Time to Vent your Feelings and Let Off Steam.

This may sound somewhat counter-intuitive, but no matter how grateful you are for the good things in your life, there's always going to be those times when your patience is tested to the limit. Life can difficult, if not downright annoying at times, but you are allowed to let off steam and complain, as long as you limit the episode and keep control of it. In fact, it's good for you to occasionally release the demons. You could try reading, it's one of the most popular ways to get rid of bad emotions and problems, listen to some music, or do some exercise in fact anything at all that takes your mind away to a different place from your troubles.

Recognise and Reward Yourself and Those Around You.

Make a determined effort to see the world in a positive way, i.e., adopt a Glass Half FULL attitude as opposed to viewing your Glass Half EMPTY. Try to recognise the good in yourself and those around you. A sincere smile and ***"Thank You"*** can work wonders by lifting people up. Remember the old adage ***"Smile and the world smiles with you"*** – People like to be around those who are happy and most everyone deserves your mindfulness and attention.

5-Minute Journaling Exercises

One of the easiest and most productive exercises you can do, is to write down a few things each day in a workbook or journal, about the people, or experiences that you have been thankful for. You don't need to share the information unless you want to. Your journal is personal, and it's up to you how you do it, or for how long. The objective is to be able to reflect on that day or what has happened the past, from a calm and positive perspective. Be sure to include as many details as you can. Sometimes, it can appear to be a bit of a struggle to think of something to write, if that happens then try asking yourself a question or two like, ***"What is something I couldn't live without and why?"*** or **"Am I heading in the right direction?".** The more detail you record, then the better position you will be in to be able to use the power of reflection, enabling you to learn from and make changes where necessary.

Create Your Own Gratitude Box.

A Gratitude box is a quick, and simple craft project that is fun to do and that you can easily create. All that is required is an old shoe box, or biscuit tin *(Or something similar)*, and a few decorations, paper, and pens. The decoration can be as simple or extravagant as you like. The objective is to think about at least **three things** for which you have been **grateful for** each day and then write them down on strips of paper. You could even include small objects that have a special meaning or relevance to you. Over time you will accumulate numerous notes, that you can then read and reflect upon, particularly if you are feeling down, overwhelmed, or need a little motivation. A gratitude box is a little like having your own personal journal, it's great to have something that sparks the memories and gets you thinking about those things that you really appreciate and are truly grateful for.



In Summary.

Give each exercise a try and help improve your sense of gratitude and appreciation, learn to develop a deeper understanding of yourself and the world around you. Remember though, if it ever becomes or feels like a chore, it is unlikely to be of any real or lasting benefit. No one single method or exercise can be expected to work for everybody. If you find that one exercise or method doesn't work for you, then move on and try something else.

"Be thankful for what you have;

you'll end up having more.

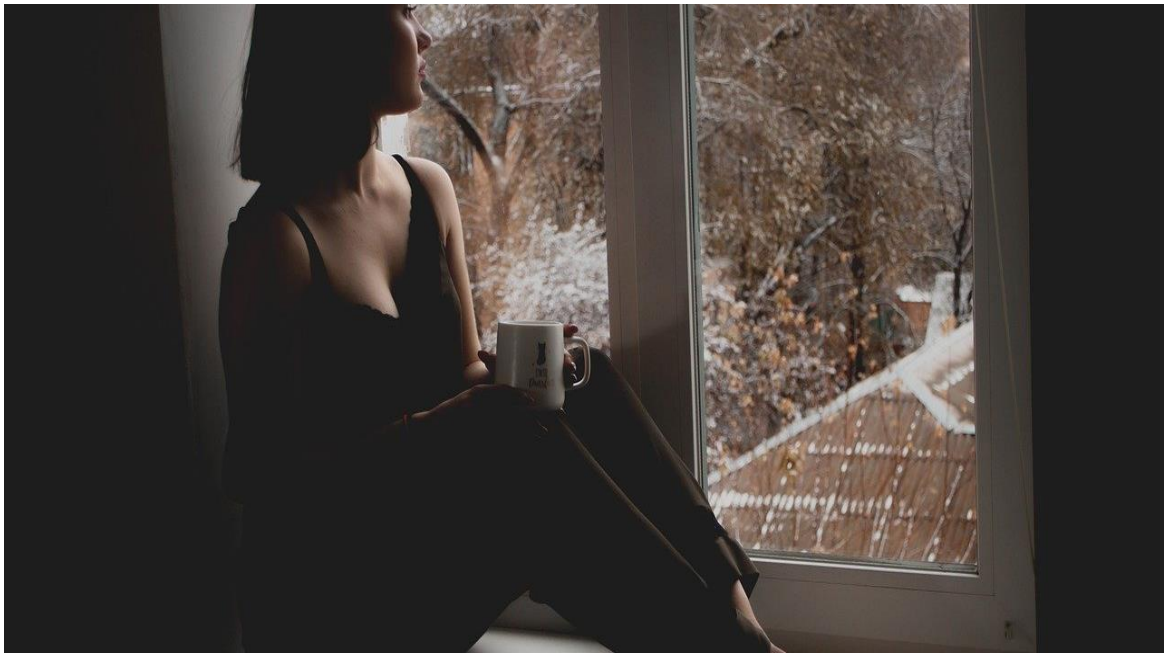
If you concentrate on what you don't have,

you will never, ever have enough."

~ Oprah Winfrey ~

The **important thing** is to **take some action** and be mindful of how the power of gratitude and appreciation, can play an important and beneficial role in your life, as well of those around you.





MOTIVATION KILLER HABITS THAT STEAL YOUR SUCCESS

Do you sometimes struggle to get yourself motivated enough to start the day in the right frame of mind, and tackle your goals in a positive way? Or, are you constantly pushing against those negative feelings, in order to get your work done? Well, you need not worry, you are certainly not alone, and the good news is that you can overcome this situation.

> **If it's important to you, you will find a way. If not, you will find an excuse.**
>
> Unknown

To successfully achieve and maintain the motivation required, you need to focus keenly upon your actual strengths and weaknesses *(rather than those that you perceive them to be)* and take specific notes relative to your current behaviours and habits *(or the lack thereof)* in order to find a solution that works for you. You will undoubtedly discover that you are combating one or more common motivation killers that either need to be eradicated, or improved upon to successfully overcome those that you currently experience.

“Doubt is a killer. You just have to know who you are and what you stand for.”

~ Jennifer Lopez ~

Seven Major Motivation Killers That Could Be Stealing Your Success!

Poor Planning and Lack of Direction.

Setting unrealistic or vague goals is a sure way to fail almost before you get started, serving to eat away at your willpower and dissolve your inner-most desires to achieve. Poor or inadequate planning leads to unproductive overthinking and you often end up having to play catch-up. This inevitably leads to stress and negative feelings of being overwhelmed, lacking the energy or positivity to complete the task.

Fear of Failure.

It is vital to identify the truth behind any resistance you have to failure, and what it is that makes you scared to continue or reluctant to confront. This mindset clouds your judgment and misdirects your thinking processes, which inevitably leads to making poor decisions and adversely affecting your overall performance. The plain truth is that this fear of failing, is actually preventing you from taking the appropriate action in the first place! Thinking about, or fearing failure also takes up your most valuable asset, **Time!** - Precious time that you could be using to improve and do better instead.

Negative Self-Talk / Imposter Syndrome.

Impostor Syndrome (IS) is described as a strong belief or sense that you are not as capable or as competent, as others perceive you to be. Although this is usually applied to intelligence and achievement, it also has links to perfectionism and social interaction.

Having a decreased sense of self-awareness and low self-confidence only serves to create additional negativity in your life. These feelings are often deep rooted in past mistakes or circumstances that rarely *(if ever)* have any true value to the reality of the here and now. The moment you *(or someone close to you)* notices these things, positive action should be taken to reverse the situation. The first step is to restore faith in yourself, and truly believe that you have what it takes to overcome them. Make quality time for yourself, taking steps such as seeking professional help in order to educate and improve your mental health and well-being.

Being too Envious of Others.

Habitually comparing yourself to others, only encourages negative-self talk and misdirects your thought processes into taking steps that are both unnecessary and unjustifiable. There is no logical or valid reasoning for you to consistently covet things that others possess. These things cannot and will never represent the same value to you, their possessions and relationships are unique to them. No matter how much you want them, you are only ever able to experience and appreciate the success that **you** have earned and that is **unique to you!**

"It is the hopeful, buoyant, cheerful attitude of mind that wins.

Optimism is a success builder; pessimism an achievement killer."

~ Orison Swett Marden ~

Being Too Impatient.

Placing undue pressure on yourself or others, only serves to diminish motivation, and cause unwanted stress and anxiety. Impatience is also unhealthy for emotional stability, if left unchecked can quickly turn to anger, frustration and unpleasant actions. Therefore, it is important to realise that sustainable success doesn't happen overnight, i.e. You wouldn't expect to eat a healthy meal one day and lose weight by the next day. You should accept that it takes time to achieve your success. It's worth noting that any success obtained too easily or quickly, rarely has any lasting or true value. Accept that achieving success and reaching your goals needs to be an investment in yourself. Learn, appreciate and apply the lessons learned to reach your objectives. Permit yourself time to enjoy the experience, as you will learn from the journey as well as the results you get.

Expecting Perfection.

Avoid the mindset that there exists the **'Perfect'** solution or method to achieve your success. The pathway to success is rarely a pretty one, or without its pitfalls. If you do the research, you will find that many successful people have failed at some point, and have had to stay motivated and determined to overcome and push through uncomfortable moments and difficult situations, in order to experience true success.
Many of them came to realise that there would be setbacks along the way. To offset this, they implemented future proof plans, to prevent them from being blindsided by unexpected twists and turns, in other words they accepted that their road to success would not be a perfect one!

Inadequate or Poor Support System.

Even if you are an introvert by nature, staying motivated and achieving success with your goals and ambitions is virtually impossible to achieve alone, or without having the necessary support system in place. To sustain your motivation and help drive you forward, you should endeavour to surround yourself with people that genuinely care for your well-being and share your ambitions or have similar goals. A proper support system will substantially increase the probabilities of your success.



So, as you can see, there are many things that can kill your motivation. Take the time to notice them, and take action to correct them, don't let them deter or distract you from achieving your life's goals and ambitions. Prevent them from stealing your success!

> *Success is not Final,*
> *Failure is not Fatal,*
> *It is the Courage to continue*
> *that counts!*
> *~ Winston Churchill ~*





POWERFUL BENEFITS OF BREAKING BAD HABITS

It's obvious when bad habits become a part of your life that you wish were not there, but that doesn't mean that it's an easy thing to either break a bad habit or improve it.

Breaking bad habits requires change, and even if it's a change for the better, it can be quite daunting to get started. It certainly requires a steely determination and strong willpower to stay motivated enough to succeed.

However, there are many benefits that ultimately outweigh the difficulties, and demonstrate that it is certainly worthwhile the effort.

Here are five crucial benefits to break bad habits that will help improve your life.

Live a Happier and Healthier Life Style.

It has been shown that changing or discarding unwanted habits leads to a more fulfilled and healthier life style, once you break through the perceived barriers. You can make better use of your improved mental and physical energies to achieve your goals and allow you to focus on what makes you happy in life.

> **A change in bad habits leads to a change in life.**
>
> **~ Jenny Craig ~**

Be More Successful.

Bad habits hinder your mental and physical productivity, your potential often becomes restricted and blocks your route to success. When you challenge bad habits, your focus, attention to detail and vitality improves. Your thought processes become sharper, allowing you to make better decisions that in turn help to create healthier and happier relationships.

Save Money.

Bad habits inevitably eat away at our valuable resources and income. Many of these habits cost us money and also lead us into making poor choices. Undesirable habits such as unhealthy eating, alcohol or cigarettes have a major effect on finances. In addition, they often affect our relationships and place in society, which can also indirectly affect our financial stability. A positive view to consider is, that by eradicating, or changing these bad habits you will be in a position to significantly improve your financial status.

Increase Motivation and Determination.

When you succeed in breaking a bad habit, you also elevate and empower your self-determination which will increase your motivation, giving you the confidence to confront other obstacles and successfully tackle your life's goals and ambitions.

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Gain Freedom and Control.

Although initially, after changing or ridding yourself of a bad habit, you may not see or even be aware of the amount of increased freedom of choices and personal control that you have gained over your life, and will have become greatly enhanced, allowing you the ability to choose a lifestyle of your own making and design. It becomes very empowering to realise that you do not need to let bad habits control the direction and ultimate destination of your life.

To summarise, with the right approach and commitment it is more than possible to break free from the yoke of bad habits and harness the power of self-empowerment and self-determination. After all, we are all human and make wrong choices from time to time, but that doesn't mean that we have to be saddled with them indefinitely. We all have the ability to change, it's whether we choose to take the opportunity to break free and set about improving our lives for the better!



THE KEY TO SUCCESS

When you think about success and the processes involved to achieve it, what is the first thing that comes to your mind? Whilst the idea of success may look different from another's perspective, the actual route to get there is similar. The common theme is to be consistent and take determined action taken every day, in order to achieve your goals and ultimate success.

> **"Success is neither magical nor mysterious. Success is the natural consequence of consistently applying the basic fundamentals."**
>
> **~ Jim Rohn ~**

It's Vital to Act, to become successful, you must achieve daily objectives that allow you to move forward and get closer to your goals. Without action, you can't expect success. Secondly, the processes involved in taking action will inevitably lead you to seek out the additional knowledge and education you need, in order to get you to your ultimate destination. Finally, but crucially, it highlights your awareness in understanding your strengths and weakness and how they affect your goals.



Tips & Strategies to find the Key to Your Success!

Discover the Value of Failure and Change.

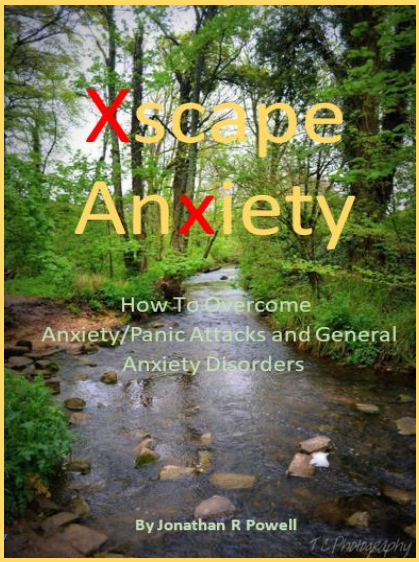
Persistence, means that you continue, no matter what the circumstances, or situation that each day presents. Inevitably, that means you will at some point have to take risks and/or fail. Failure, is probably the most valuable lesson that you will ever learn, it can only be truly understood, once it has been experienced. What it does is present you with the opportunity and wisdom to overcome future challenges and setbacks and allow you to become a more productive and successful person.

Personal Values.

To attain your ambitions and life goals, you must possess the values of personal integrity and accountability. Having these traits, enables you to build upon and improve the skills you need in order to become a respected and trusted person. All relationships need personal integrity, and honesty from you; within your business, your family, or indeed any social interaction that requires you to be trustworthy.

Personal responsibility is a prerequisite to the recognition of your own faults, and a keen awareness of the expected outcomes that may result from your own actions and expectations.

SPECIAL ANNOUNCEMENT!



My new book has now been published by **Paragon** and is available in all good book stores.

Stress, Anxiety, Worry are all part and parcel of our lives, but can we find a way to live without them?

This book offers guidance, strategies and techniques to help alleviate the anxieties that at times overwhelm us all, to help improve our overall quality of life.

Topics include:
understanding fear; stress triggers; anger management; healthy eating; cognitive behavioural therapy etc…

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Highlight Your Real Desires.

Give careful thought to, exactly what it is that you really want in, or from your life. Focus upon the differences between your expectations and ambitions, and then take the time to carefully consider your **'wants'** as opposed to your **'needs'.**

Visualize in your mind's eye and imagine what it would be like, and how it would look and feel, either **with** or **without them?** In other words, think about and focus upon what the consequences would be if you lacked determined persistence, or avoided taking effective action?

About not "Feeling Like It".

Feeling reasonably content and comfortable with your life at this particular moment in time, doesn't mean that this will continue indefinitely, or offer any guarantee that you will be happier in the long run. On the contrary, when you are faced with adversity, you learn that by pushing through the discomfort, and overcoming the challenges, will provide more true value to your life than you will ever have imagined or visualised.

So, when you find yourself saying ***"I can't be bothered"*** or ***"I don't feel like it",*** push yourself to do **something**, anything that will get you started! It doesn't matter if it takes 10 minutes or even a couple of minutes initially. Getting started and doing something is better than doing nothing at all. Think of it as an investment in your future, you can then always build on your progress.

Change Up Your Routine.

If you start to find that the approach to your routine is becoming boring or is leaving you unfulfilled, then find a different way to tackle your goals. Consider thinking outside the box, and finding ways that you can make it more enjoyable, by turning it into a fun and positive process.

Just because you were advised that it should be done a certain way, it doesn't mean that a specific approach or method, is set in stone. Never be afraid of exploring alternative ways. Have a look at how others approach it, or chat with others who have similar interests. The important thing is not to let negative feelings deter you from your objectives or goals.

However, if you should find that you are resistant from the beginning, then you should examine why you have those negative feelings to get started. It may reveal a number of different reasons including your fear of failure, but you should remain determined to at least make a start. If you feel that the routine is too large or demands too much of you, then consider breaking it down into smaller and more manageable steps, that way you will soon complete the whole routine, and importantly, it will help you to persevere and stay positive by allowing you to measure your progress, and consequently congratulate yourself on your achievements.

Effective Listening.

Listening is the key to knowing what others want and is a vital part of being successful, as every conversation involves listening and absorbing the details that the imparted information provides. Always pay attention to the speaker(s), show your interest and respond appropriately. Remember that you have two ears and one mouth, your conversation should follow the same formula. Oftentimes, it is the attention that you give to the **little details** that can make **a big difference!** To your success. You should strive to make every effort to develop and cultivate this skill, for the benefit of all parties involved. Success is built upon effective communication, of ideas, of shared interests and social interaction. Without effective listening and a clear understanding of the expectations of your audience, there will be limited scope for true success.

Found Your Key? – Then Open the Door to Your Success!

RESOURCES & INFORMATION

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