

# CAREER HEALTH

## Top 10 Ideas for Achieving Successful Goals

By Articlebase.com

### 1. Successful Goals Are Clear

"In the absence of clearly defined goals, we become strangely loyal to performing daily acts of trivia" - Author Unknown. Become very clear about your goals. It helps you avoid the Rinse and Repeat Trap - get up in the morning, go to work, come home, eat dinner, watch TV, fall asleep in front of the TV, stumble to bed, get up the next morning, rinse and repeat.

### 2. Successful Goals Are Written Down

No matter how strong your memory, it's still not as strong as the weakest link. Putting your goals in writing and in a place where you read them often dramatically increases your chances for success. We can get so caught up in living day-to-day that we forget our goals. Reviewing them often will remind you where you want to go.

### 3. Successful Goals Are Compelling

We need goals that excite us about the outcome we desire and the process of getting there. It ought to be fun. If you can't bring a passion to your goals, you may want to change your goals.

### 4. Successful Goals Require Immediate Action

Taking immediate action helps build excitement and momentum. Once you set a goal you must do one of two things - either don't leave the place where you set the goal without taking an action toward completing the goal or don't go to bed that night without taking some kind of action. Make a phone call, create a plan, and do your research, whatever needs to happen to get you started.

### 5. Successful Goals Have an Action Plan

You need an action plan, a map. How are you going to get there? What's the first step, the second, and then the next and the next? The most common cause of failed goals is lack of a plan. Ask others, "How

would you go about achieving this goal?" Find someone who has already created a map to get there and adapt it to you own life.

### 6. Successful Goals Are Specific

When do you want it? How much of it do you want? How long do you want it? How will you and others know when you get there? What will be different? And my favorite question; what will you be able to do once you reach your goal that you can't do now?

### 7. Successful Goals Are Accountable

Committing your goals into writing holds you accountable to yourself. Telling someone else about your goals allows someone else to help hold you accountable. We all need someone who will hold our hand to guide us along and someone who will hold our feet to the fire when we begin to think about giving up.

### 8. Successful Goals Require Work

Richard Bach, author of Jonathan Livingston Seagull, said "There is no such thing as a wish without the power to make it come true. You may have to work for it, however, "Goals require work." So do many things worth doing.

### 9. Successful Goals Require CPR

You want to be consistent, persistent and resistant - consistent in your efforts each day, persistent to keep going when it gets tough and resistant to both the desire to give up and to those who might say you cannot do it.

### 10. Successful Goals Require Celebration!

No matter how small or how big the goal, celebrate when you are successful. You worked hard, you deserve it and it's fun. Celebration reinforces all your efforts and builds momentum for the next goals.

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## Different Body Types - Diet & Workout

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The endomorph has the slowest metabolism of the three different body types and can gain weight the quickest and easiest. This is great for gaining muscle and strength, but terrible for losing and keeping off fat. It's basically the complete opposite of the ectomorph.

**Mesomorph** - the luckiest body type of the three different body types: the prototypical athlete, fitness model and bodybuilder. Where the ectomorph and the endomorph both have a positive and negative side, the mesomorph has pretty much the best of both worlds. They gain muscle almost as well as an endomorph, yet can lose fat almost as well as an ectomorph.

The moral of this article? The truth is, despite the fact that there are 3 different body types; you CAN make each body type do what you want it to do. You just need to tailor your diet and workout accordingly. The endomorph can lose weight. The ectomorph can gain weight and muscle. The mesomorph can do all of the above as well. Don't be mad at your genetics. Don't use them as an excuse. If you are naturally inclined to be fat, it's your fault if you actually become and stay fat. If you are naturally inclined to be very skinny and have very little muscle, it's your fault for actually becoming and staying that way.

You can't change your genetics; it's just not possible. However, you can change your weight. You can change your body fat percentage. You can change how much muscle you have. You can change how much fat you have. The only reason your body isn't what you want it to be is because of you and you alone. The different body types are just a natural starting point for what your body is. But, whether you are an ectomorph, mesomorph or endomorph, it is you, through hard work and dedication, proper diet and workout, that decides what your body will become.

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8380 Miramar Mall, Suite 200 · San Diego, CA 92121



Helping people  
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choices about  
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7301 Jefferson NE  
Suite D  
Albuquerque, NM 87109

Phone (505) 345-6611  
Toll free (866) 551-6611  
Fax (505) 345-6633

smargulin@cfiemail.com  
www.trustSteven.com

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"When you  
believe in a  
thing, believe  
in it all the way,  
implicitly and  
unquestionably."

-Walt Disney

# VALUES - BASED QUALITY OF LIFE™ Newsletter

Because Making Smart Choices About Your Money Impacts The Quality of Your Life

Over the years, we have found that there are elements of your life that are more important than money.

These elements - Physical Health, Relationship Health, Inner Health and Career Health - cannot be delegated.

We hope that you find these articles to be of value in improving the quality of your life.

## PHYSICAL HEALTH

### Different Body Types - Diet & Workout

By Intenseworkout.com

Did you ever notice that some people can eat whatever they want and rarely ever become fat? Have you noticed how some people gain fat a lot easier and a lot quicker than other people? It's not your imagination. The reason for this is genetics. There are 3 different body types... ectomorph, mesomorph and endomorph. Learning about all three and knowing which of these different body types you are will help you understand why certain aspects of diet and workout are harder and slower (or easier and quicker) for you than they are for other people.

The main differences between the three different body types are metabolism speed and bone structure. Let's look at them one at a time...

**Ectomorph** - the naturally skinny body type of the three different body types. Unlike the mesomorph and the endomorph, the ectomorph is the person that has probably been very skinny their entire life. It's not because of a great diet or workout, it's because they are born with a super fast metabolism. This gives them the "ability" to eat pretty much whatever they want, pretty much whenever they want, and pretty much never get fat and never gain weight. I know a lot non-ectomorphs are probably pretty angry to hear that such GREAT genetics actually exist. But, for those of you with one of the other different body types that might be a little jealous of the ectomorph right now, you should probably know that these genetics aren't quite as great as they sound.

The same quick metabolism and genetics that keeps the ectomorph naturally skinny and lean are the same quick metabolism and genetics that makes it extremely hard for an ectomorph to gain weight, and more importantly, gain muscle.

While I am pretty happy that I was naturally skinny all my life and never had to worry or care about my weight or my diet (like a mesomorph or endomorph may have), the second I decided to step foot into a gym to begin to workout with the goal of gaining muscle, my genetics finally caught up with me. I noticed right away how much harder it was for my body type than it was for either of the other different body types.

As an ectomorph, my metabolism is literally so fast that if I miss a meal here and there, I will lose weight. This works out fantastic for losing fat, but for gaining and maintaining muscle and weight, it takes quite a bit of dedication and effort.

**Endomorph** - the naturally fat body type. If the three different body types were in some kind of diet and workout High School together, the endomorph would be voted "Most likely to kill an Ectomorph." These are the people who could eat half as much as what an ectomorph or mesomorph eats and still gain weight. The endomorph is naturally "big boned" and has what some people might describe as a body that is roundly shaped.

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# RELATIONSHIP HEALTH

## Empathic Listening

By The Relationship Institute

One of the greatest gifts we can give another human being is our unconditional presence. To do this well, we must be able to be receptive, without judgment or expectation, to put aside our own needs and concerns and be genuinely available in a warm, heartfelt manner. Yet we live in a culture that teaches and rewards us for being exactly the opposite: reactive, proactive, independent, assertive and opinionated. As a result, many people equate listening with passivity and weakness. We also live in a multi-sensory commercialized media world that invites us to be distracted from intimate connection with others. It's wonderful that communication today can be lightning fast, yet email or instant messaging is a poor substitute for live, unconditional human presence. So how can we learn to be fully present with and for each other?

We can do this by learning to listen in a genuinely empathic way. Empathic listening integrates an attitude of childlike curiosity with the grace of a world-class ballerina, the compassion of Mother Theresa and the peace of *Thich Nhat Hanh*. When we listen empathically, we are fully available and present for the other. We have no preconceived notions about what's going on with them. We approach them freshly, with Suzuki Roshi's "Beginner's Mind", where possibilities are many. We are not busy rehearsing our rebuttal to what they are saying, just waiting for a moment to break in and interrupt. We do not care if we are right and they are wrong. We have no need to defend ourselves or to prove ourselves brilliant, insightful or witty. We do have a burning desire to understand what the essence of this person is all about in this moment. We are pure awareness, soaking in the words but going far beyond the words and fully resonating with the other energetically.

At a workshop last year a couple had been

struggling with communication issues. "I know how to listen," the man started defensively, obviously impatient and angry with his lover. "The problem is she never hears me. She's always telling me how wrong I am." The woman said nothing, her face blank and expressionless. "What do you think is going on for her, what do you think it's like to be living with you in this relationship?" we inquired. "I don't know, I guess she's...well who knows, she's always angry at me because of what happened to her as a child. She thinks everything is my fault. She blames me for everything." "Yes but what is it like to be her right now? What

***"To listen well, is as powerful a means of influence as to talk well, and is as essential to all true conversation."***

- Chinese Proverb

does it feel like inside her skin?" "I already told you," he said, annoyed, his anger rising, "she's always in a bad mood, always mad at me, always blaming me."

We then invited the man to listen in a different way. We had the couple sit together, facing one another, looking each other in the eye, and asked them not to speak but rather to breathe in synchrony with one another. After just a few minutes, the rhythm of their breaths gradually harmonized. Their faces softened. "Now let's find out what's really going on for her right now." She looked up tentatively, afraid to speak, afraid of his reaction. "Can you tell him, from the deepest place within yourself, what's going on for you right now in this relationship?" She nodded silently, letting the words form within. "I...I...well I'm just so sad, sad and hopeless. And I guess scared, too." She stopped, waiting for the anger which was certain to come. But instead of anger, he

continued to breathe with her. He nodded and looked at her in a way that let her know that he got it, he understood in a way she had never felt before. Her face brightened, with the frail edges of hope arising at the corners of her eyes. She continued, "I love you so much and yet...and yet we're so ugly with each other at times that it scares me." This time he put his arms around her, they hugged tenderly, and both began sobbing. No more words were spoken, yet these few sentences uttered with unconditional presence proved to be the beginning of a healthier, more loving relationship. Months later they both pointed to this simple, brief interaction as the pivotal moment that their relationship began to improve.

The practice of empathic listening is also illustrated by the story of the famous professor who visited the Zen monk, supposedly to learn of his teachings. As the professor rattled on discussing his philosophies, the monk asked if he would like some tea. The professor nodded, barely pausing in his dissertation of his latest theory. The monk filled up the professor's teacup, and kept right on pouring after the cup was full. The tea overflowed the cup and went all over the floor, yet the monk kept right on pouring. "What are doing?" yelled the professor. "Can you not see the cup is full?" "Yes I can," said the monk, smiling. "This cup is like your mind, so full of your own ideas that there is no room in it to really hear anything I or anyone else might have to teach you."

Keep your cup open, especially with those closest to you. As Stephen Covey puts it, seek to understand before being understood. Give those in your life the precious gift of your unconditional presence. By doing so, you create an opportunity to journey to a greater depth of intimacy and connection than was ever possible before.

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# INNER HEALTH

## Are You Vacation Deprived?

By Neli Stoyanova, MD

I recently stumbled upon a very alarming fact; every third person is vacation deprived. According to an Expedia.com survey, an estimated 51.2 million people will not use all of their vacation days this year by leaving an average of three vacation days.

*Does this mean that some don't like to vacation?*

*Or does it mean that some love their jobs so much that they are ready to cut their vacation time to get back to work?*

*Or may be they don't know HOW to vacation?*

It seems logical that one would use much deserved vacation time to relax, replenish energy and return to the work place feeling refreshed - right?

**Why do you think people are vacation deprived?**

1. Some people can not afford to take a vacation- they simply need the money.
2. Others are afraid to lose their job upon returning. Big job insecurity- big concerns- big waistline.
3. Vacation time is so short that there is no time to unwind and forget about your daily routine. Thirty percent of workers say that they struggle with work stress while away and the very thought of all the tasks left behind and the to-do list poisons their vacation time.
4. Some people prefer to save the money by staying around the house. What happens in this case scenario is that they are sitting on the same couch as usual, getting bored after 4 days and can't wait to return to work thinking, "Boy, was I wrong. I didn't need this vacation and now there is so much to catch up with at work. It was not worth it".
5. Other people use vacation time to take

care of important family business (and this you can imagine, is not a low stress level endeavor).

6. I have a friend that takes her vacation time and heads back to her native country to take care of her sick mother. I myself had to take care of my dying mother for months and I know first hand this has nothing at all to do with a "vacation".

What happens in reality is that many people take their stress, problems and anxiety with them and transform their get-away into an extension of their office, sitting on the beach with a lap top on their lap and a cell phone that rings non-stop. (If this sounds familiar you may be vacation deprived.)

***"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."***

-Maria Robinson

Or even worse, many cut their vacation to rush to their office because "nobody else" can take care of "The Problem" that has arisen in their absence.

As a result we are talking about 51 million vacation deprived people!

**Let us see what happens to vacation deprived people**

The stress that was supposed to be released during the vacation keeps accumulating. The sleep deprivation keeps accumulating. One is too tired to get any exercise; and the food is so available, so comforting and so ready to eat (just push the button on the microwave or reach your arm through the car window at the drive-thru and that's it.

What a wonderful life! Who cares about vacation any way?

By the way - have you noticed that your waistline is bigger this summer than it was last summer or 2 summers ago?

**What is my point here?**

There is no doubt that people (at least 51 million of them) are vacation deprived for various reasons. We can't change the fact that vacation time is short, but we can learn how to vacation for real even if we have only 4 days.

Vacation is not all about money. Vacation is about full relaxation. You need to learn to relax. Learn to give a break not only to your body, but to your mind that is in over-drive all year long. Leave the laptop at home, turn the cell off and close your eyes.

**Now do a simple test**

With your eyes closed imagine you are on the beach, in the mountains or where ever your favorite spot is. Try to hear the sounds. Just listen to the wind in the leaves or the waves splash on the sand. Can you hear it?

First case scenario: If the answer is "Yes" after 5 min of relaxation, you pass the test. You are able to relax. Practice this technique during the lunch break in your office or at home. It takes ONLY 5 minutes!

Second case scenario: You find yourself distracted during the 5 min relaxation by your thoughts about the traffic, or the tasks you have to finish before you leave the office, or tapping your legs thinking that you are wasting your time (after all you could have done so much more instead).

If you fit into the second scenario - you are in trouble. You have to learn to relax and fight stress.

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