

CAREER HEALTH

What Are You Willing to Risk?

By Lynne Saarte

Not all successful people grew up with silver spoons in their mouths. Most of them worked hard to get to where they are right now. What makes these very successful people different from your average Joes are their vision and determination. These are two important and indispensable traits of highly successful people.

Early on, these people decide that they want to be more than what they were at that time. This determination made them look for ways to get out of their quagmire. They looked for people who could give their careers or businesses a boost. They surrounded themselves with people who knew things that they did not know. They dined with them; they played with them; they sent them greeting cards to build on their relationship.

These partners were willing to take a risk with them, and together they ventured and succeeded in developing new businesses. Yes, there were failures; but the obstacles proved that their resilience was unmatched. This willingness to take a risk has helped these people achieve an astounding degree of success.

In today's receding economy, there are millions of people looking for "something else" in their lives. For those whose employers have let them go, it is re-inventing themselves. For others who are still employed, it is being able to keep up with the ever growing demands of the job, while making ends meet at home.

During these troubled times, it is risky to do something different. But if you want to achieve something remarkable, one

has to make some calculated risk. As the saying goes in the stock market, the best time to buy is when there is no one buying. Calculated risks are risks that have been studied, looked at from all different angles, and then acted upon swiftly once the information is in.

With a good assessment of things and a thorough analysis of the risks, you can come up with better judgment. These times offer opportunities, few people realize that. As the Chinese would say, a disaster is also an opportunity for development. The present situation is indeed disastrous if viewed from a pessimist's point of view; but if viewed from a good vantage point, they are opportunities for growth.

Now that you know that there is indeed an opportunity in these trying times, why do you not go ahead and think about the risks you are willing to take. Then go and seek out people whom you think can help you. What are you waiting for? Place an online order for a box of custom greeting cards. Who knows? Bill Gates might be interested in your proposal.

©Lynne Saarte. All Rights Reserved. Lynne Saarte is a writer that hails from Texas. She has been in the Internet business for some years now, specializing in Internet marketing and other online business strategies.

Try Home Workout Training for Better Health

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Joining a workout training membership club or group can be a good idea. You can get the support of professional trainers. They can guide you in building your body without injury. In addition they can help you by guiding you in the nutrition you need for body building.

An effective workout is Yoga. Go take some lessons then start these exercises at home. Yoga will build up your muscles and balance your body organs to give you better health. By learning some fundamentals of nutrition and taking supplements you can accelerate you body's health and strength to new levels.

If you have equipment for fitness workouts, you can use them too. Weight training is part of workout training. If you want to workout the muscles on your arms, shoulders, biceps, triceps and chest, you can use dumbbells. If you do not have dumbbells, use soup cans and bottles of water. But, you need to have a good workout program: this is where the internet comes in.

You can also use a couch to do bench dips. To begin, you need to position your feet on the ground, hands on the couch, and your butt hanging over the edge. Lower yourself up and down which is similar to push ups. Do this 15 times. Finally, workout training must end in another warm up such as breathing in and out.

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**"Most folks
are as happy
as they
make up
their minds
to be."**

-Abraham Lincoln

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

Try Home Workout Training for Better Health

By Rudy Silva

Workout training at home is convenient. You take control of your time, allowing you to accomplish more things because there is no need for you to travel or take a ride to reach the gym.

The first thing to do is, organize your schedule. Take a calendar and set a regular schedule for your home fitness training. It could be any day of the week. Plan to exercise at least three times a week and up to four times for a more aggressive workout.

Your workout routine does not require everyday, although doing so will have faster results, but your muscles need rest and time to grow stronger. Spending 30 minutes of your time for strength training or weight training three days a week can produce good results.

There are two options for starting your workout training. You can do it with or without gear. When training without gear you can use various exercises that build muscle and help you to become healthy and fit: like walking, running, jogging, yoga, aerobics, basic exercising or oriental fighting.

To exercise with gear, you can purchase some

small weights and inexpensive equipment to get started at home. Learn some of the basic exercises so you can start building muscle.

If you have never tried jogging, it is advisable to start out walking. Do not forget your warm up exercises. Any workout training requires warm up. Breathing in and out for two minutes can get you ready. Learn some stretch exercises before you start your walk.

Swimming is also great home fitness training. It works out your chest, abdomen and arms. If you want to stay indoors, you can do pushups and sit-ups. Crunches are the most common and preferred sit-ups. They are easier on the neck and back.

To see the difference, you can try 30 sit-ups. Begin with 2 or 3 sets of 30, increasing the number as you progress. You can do one set, and try another type of home fitness training exercise, then, you can go back doing sit-ups.

There are many free and paid videos dedicated to workout programs. Through the internet you can find some beginning or advanced home exercise training programs. Choose the programs that fit your lifestyle.

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RELATIONSHIP HEALTH

7 Funny Conversation Starters

By Joshua Uebergang

While you'd think that funny conversations are light, easy and carefree affairs, believe it or not they take considerable effort and practice to begin and maintain. The common adage that comedy is the toughest thing to do is no lie, and even with something as seemingly simple as a conversation with another person or a small group, it can be among the most difficult things you do all day to kick off a funny, engaging conversation. But with a little preparation and practice it won't be a problem to get friends, guys, and girls laughing. Here are seven funny conversation starters to help you get started.

HUMOROUS OBSERVATIONS

Finding something in your surroundings that makes you chuckle or amused and pointing it out in conversation can be a funny way to kick things off, or to keep a conversation going when it seems that it might stall out prematurely.

BAD AND CHEESY JOKES

Everyone, believe it or not, loves a bad joke when it's told intentionally to be a bad joke. Cheesy pick-up lines can work like, "You must be tired because you've been running through my mind all day." They are so awful sometimes that it is incredibly funny, and often gets everyone in the group to begin sharing the bad and cheesy jokes they know. For example, "What do you call a video of pedestrians? - "Footage". Please, stop laughing.

IRONIC STATEMENTS

A quirky and ironic statement - either directly related to something or someone in the conversation, or related to something else entirely - can be a great way to get the mental and social juices flowing and give a decidedly intellectual and humorous path to a given conversation. Find something like, "Why are self-help programs always conducted in groups?" or comments along those lines.

"Humor is a serious thing. I like to think of it as one of our greatest earliest natural resources, which must be preserved at all cost."

- James Thurber

FUNNY ANECDOTES

Everyone always loves a funny story with a personal touch. Stories are a great tool for effective communication. It not only helps get a conversation rolling along toward the funny side, personal anecdotes help endear you to your conversation partners as such stories help everyone to get to know you better.

VACATION STORIES

For whatever reason, vacation stories tend to be funny (not as much as a good conversation starter with strangers, but friends), as all of the best laid plans always seem to go wrong in precisely the most humorous ways.

Whether it's a person you sat next to on the plane, or the kayak that refused to stay upright, chances are something funny has happened to you on holiday, and this conversation starter will get everyone sharing theirs.

AWKWARD MOMENTS

Bad business meetings, poor encounters with people and things, bad traffic stops, are good starters; for whatever reason people seem to delight in others' awkward moments. Such incidents are fun way to get everyone sharing.

BAD DATES

This is usually the most fertile ground for sharing funny stories and getting everyone talking, as most everyone has had at least one humorously bad date. Use it on a man or girl you've started dating to show you're funny side.

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INNER HEALTH

Top Tips on Being More Positive

By Jake Rhodes

"If you realized how powerful your thoughts are, you would never think a negative thought." - Peace Pilgrim.

Never have truer words been spoken. If you wish to be happy and successful then it is vital that you develop a positive attitude as negativity breeds self-defeatist behavior and drains any magnetism you may otherwise possess. That is why I have come up with these top tips which will help you quell negative thoughts and garner a more positive attitude toward life.

Release Your Tension

Negativity causes tension and tension causes negativity; to break this circle you need to find a way to effectively work out the tension you hold. Nothing releases tension better than physical activity so try to find a form of exercise which you enjoy partaking in and do it daily. This could be joining a local sports team, going jogging or taking your dog for a brisk walk.

Another great way of releasing tension is to achieve something. Try cleaning out a room, tightening that leaking tap or re-potting a house plant. It doesn't matter how big or small the achievement is, the feeling of accomplishment makes you feel like a winner.

Accept What You Can't Change

We tend to dwell more on the negative past events in our lives rather than the positive ones. However, no matter how much time and thought you put into it, there's nothing you can do to change

the past. All you can do is learn from any mistakes you've made and make use of that lesson in the future.

Similarly there are some things in the present that you cannot change. When this is true you should try to move away from the source of negativity as best you can.

Avoid Critical Thinking

You're not perfect, I'm not perfect, and honestly we never will be because nobody is ever perfect. Critical thinking only develops a negative attitude towards yourself and others. The time

"I had the blues because I had no shoes until upon the street, I met a man with no feet."

-Ancient Persian Saying

you spend thinking poorly of yourself or others would be much better served coming up with ideas and solutions to aid development.

Avoid Pointless Competition

Sometimes competition can be a big driving force behind success, however, rarely does competition result in a positive outlook. Instead it develops jealousy, bitterness and resentment. That is why you need to avoid pointless competition. You will find that you can actually get a lot more done, and therefore, achieve more, when you cooperate with others rather than working against them.

Prepare Properly

Whenever you are properly prepared for a situation or event then it becomes a lot easier to deal with it in a positive manner. For example, I run a number of websites and unfortunately there are a few rotten apples who take amusement in hacking other people's websites. If I wasn't prepared for this and it were to happen then I would lose hundreds of hours of work and a significant revenue source, and it would generate a lot of negativity from me. That is why I always make sure my sites are backed up in several formats, so if one of my websites got hacked I would be easily able to undo the damage. No fuss, no muss.

Help Others

When you regularly make the effort to help others you are seen in a much more positive light by those you have helped. In turn, this means that should you find yourself in need of help there are more people who are likely to want to offer you assistance. This provides a comfort level that will allow you to be more positive because you will have friends to fall back on should you need them.

There you have it. Six areas that you can work on to become a more positive person. It might not happen overnight but with some hard work and persistence you can become that dynamic, positive individual you always wanted to be.

© Jake Rhodes. All Rights Reserved. Jake Rhodes is the author of many self-help articles and currently runs top hypnosis site <http://www.hypnobusters.com> along with professional hypnotherapist, Jon Rhodes.