

“Five Minutes Guide to Self Improvement”

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Introduction

WHY IS IT IMPORTANT TO IMPROVE YOUR SELF?

Sometimes, when all our doubts, fears and insecurities wrap ourselves up, we always come up with the idea of "I wish I was somebody else." More often than not, we think and believe that someone or rather, most people are better than us.- when in reality, the fact is, most people are more scared than us.

You spot a totally eye-catching girl sitting by herself at a party, casually sipping on a glass of Asti Spumanti. You think to yourself, "she looks so perfectly calm and confident." But if you could read thru her transparent mind, you would see a bunch of clouds of thoughts and you might just be amazed that she's thinking "are people talking about why I am seated here alone?... Why don't guys find me attractive? ...I don't like my ankles, they look too skinny... I wish I was as intelligent as my best friend."

We look at a young business entrepreneur and say "Wooh... what else could he ask for?" He stares at himself at the mirror and murmur to himself, "I hate my big eyes... I wonder why my friends won't talk to me... I hope mom and dad would still work things out."

Isn't it funny? We look at other people, envy them for looking so outrageously perfect and wish we could trade places with them, while they look at us and thinks of the same thing. We are insecure of other people who themselves are insecure of us. We suffer from low self-esteem, lack of self-confidence and lose hope in self improvement because we are enveloped in quiet desperation.

Sometimes, you notice that you have an irritating habit like biting off your finger nails, having a foul mouth, and you – of all people, is the last to know.

I have a friend who never gets tired of talking. And in most conversations, she is the only one who seems to be interested in the things she has to say. So all of our other friends tend to avoid the circles whenever she's around, and she doesn't notices how badly she became socially handicapped – gradually affecting the people in her environment.

One key to self improvement is to LISTEN and TALK to a trusted friend. Find someone who you find comfort in opening up with even the most gentle topics you want to discuss. Ask questions like "do you think I am ill-mannered?", "Do I always sound so argumentative?", "Do I talk too loud?", "Does my breath smell?", "Do I

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ever bore you when were together?”. In this way, the other person will obviously know that you are interested in the process of self improvement. Lend her your ears for comments and criticisms and don't give her answers like "Don't exaggerate! That's just the way I am!" Open up your mind and heart as well. And in return, you may want to help your friend with constructive criticism that will also help her improve her self.

One of Whitney Houston's songs says "Learning to love yourself is the greatest love of all." True enough. In order to love others, you must love yourself too. Remember, you cannot give what you do not have.

Before telling other people some ways on how to improve themselves, let them see that you yourself is a representation and a product of self improvement. Self improvement makes us better people, we then inspire other people, and then the rest of the world will follow.

Stop thinking of yourselves as second-rate beings. Forget the repetitive thought of "If only I was richer... if only I was thinner" and so on. Accepting your true self is the first step to self improvement. We need to stop comparing ourselves to others only to find out at the end that we've got 10 more reasons to envy them.

We all have our insecurities. Nobody is perfect. We always wish we had better things, better features, better body parts, etc. But life need not to be perfect for people to be happy about themselves. Self improvement and loving yourself is not a matter of shouting to the whole world that you are perfect and you are the best. It's the virtue of acceptance and contentment. When we begin to improve ourselves, we then begin to feel contented and happy.

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Happy As You Want To Be

Almost everyone have heard the hit single 'Don't Worry, Be Happy' by Bobby McFerrin. The song has a very catchy way of conveying its message of being happy to everyone. Bobby McFerrin's simple message surely made a lot of people by telling them not to worry.

Living a happy, resilient and optimistic life is wonderful, and is also good for your health. Being happy actually protects you from the stresses of life. Stress is linked to top causes of death such as heart disease, cancer and stroke.

One of the better things ever said is - 'The only thing in life that will always remain the same is change', and in our life we have the power to make the necessary changes if we want to. Even if we find ourselves in an unbearable situation we can always find solace in the knowledge that it too would change.

Social networks or relationships are essential to happiness. People are different, accept people for who or what they are, avoid clashes, constant arguments, and let go of all kinds of resentments. If arguments seem unavoidable still try and make an effort to understand the situation and you might just get along with well with

Happiness is actually found in everyone, increasing it is a way to make a life more wonderful and also more healthy.

To be happy is relatively easy, just decide to be a happy person. Abraham Lincoln observed that most people for most of the time can choose how happy or stressed, how relaxed or troubled, how bright or dull their outlook to be. The choice is simple really, choose to be happy.

There are several ways by which you can do this.

Being grateful is a great attitude. We have so much to be thankful for. Thank the taxi driver for bringing you home safely, thank the cook for a wonderful dinner and thank the guy who cleans your windows. Also thank the mailman for bringing you your mails, thank the policeman for making your place safe and thank God for being alive.

News is stressful. Get less of it. Some people just can't start their day without their daily dose of news. Try and think about it, 99% of the news we hear or read is bad news. Starting the day with bad news does not seem to be a sensible thing to do.

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A religious connection is also recommended. Being part of a religious group with its singing, sacraments, chanting, prayers and meditations foster inner peace.

Manage your time. Time is invaluable and too important to waste. Time management can be viewed as a list of rules that involves scheduling, setting goals, planning, creating lists of things to do and prioritizing. These are the core basics of time management that should be understood to develop an efficient personal time management skill. These basic skills can be fine tuned further to include the finer points of each skill that can give you that extra reserve to make the results you desire.

Laugh and laugh heartily everyday. Heard a good joke? Tell your friends or family about it. As they also say -'Laughter is the best medicine'.

Express your feelings, affections, friendship and passion to people around you. They will most likely reciprocate your actions. Try not to keep pent up anger or frustrations, this is bad for your health. Instead find ways of expressing them in a way that will not cause more injury or hurt to anyone.

Working hard brings tremendous personal satisfaction. It gives a feeling of being competent in finishing our tasks. Accomplishments are necessary for all of us, they give us a sense of value. Work on things that you feel worthy of your time.

Learning is a joyful exercise. Try and learn something new everyday. Learning also makes us expand and broaden our horizons. And could also give us more opportunities in the future.

Run, jog, walk and do other things that your body was made for. Feel alive.

Avoid exposure to negative elements like loud noises, toxins and hazardous places.

These are the few simple things you can do everyday to be happy.

And always remember the quote from Abraham Lincoln, he says that, "Most people are about as happy as they make up their minds to be."

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Impossible Is Just A Word

Everyone, at some point of his or her life, has dreamed of being somebody special, somebody big. Who hasn't fantasized about being the one who hits the game-winning homer? Who hasn't dreamed of being the homecoming queen? And how many times have we dreamed of being rich, or successful, or happy with our relationships?

Often, we dream big dreams and have great aspirations. Unfortunately, our dreams remain just that – dreams. And our aspirations easily collect dust in our attic.

This is a sad turn of events in our life. Instead of experiencing exciting adventures in self actualization, we get caught up in the humdrum of living from day-to-day just barely existing.

But you know what? Life could be so much better, if only we learned to aim higher.

The most common problem to setting goals is the word impossible. Most people get hung up thinking I can't do this. It's too hard. It's too impossible. No one can do this.

However, if everyone thought that, there would be no inventions, no innovations, and no breakthroughs in human accomplishment.

Remember that scientists were baffled when they took a look at the humble bumblebee. Theoretically, they said, it was impossible for the bumblebee to fly. Unfortunately for the bumble, bee no one has told it so. So fly it does.

On the other hand, some people suffer from dreaming totally outrageous dreams and not acting on them. The result? Broken dreams, and tattered aspirations.

If you limit yourself with self-doubt, and self-limiting assumptions, you will never be able to break past what you deem impossible. If you reach too far out into the sky without working towards your goal, you will find yourself clinging on to the impossible dream.

Try this exercise. Take a piece of paper and write down some goals in your life. Under one header, list down things 'you know you can do'. Under another header, write the things 'you might be able to do.' And under one more, list the things that that are 'impossible for you to do.'

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Now look at all the headers strive every day to accomplish the goals that are under things 'you know you can do'. Check them when you are able to accomplish them. As you slowly are able to check all of your goals under that heading, try accomplishing the goals under the other header-the one that reads 'you might be able to do.'

As of the items you wrote under things I could do are accomplished, you can move the goals that are under things that are 'impossible for you to do' to the list of things 'you might be able to do.'

As you iterate through this process, you will find out that the goals you thought were impossible become easier to accomplish. And the impossible begin to seem possible after all.

You see, the technique here is not to limit your imagination. It is to aim high, and start working towards that goal little by little. However, it also is unwise to set a goal that is truly unrealistic.

Those who just dream towards a goal without working hard end up disappointed and disillusioned.

On the other hand, if you told someone a hundred years ago that it was possible for man to be on the moon, they would laugh at you. If you had told them that you could send mail from here to the other side of the world in a few seconds, they would say you were out of your mind. But, through sheer desire and perseverance, these impossible dreams are now realities.

Thomas Edison once said that genius is 1% inspiration and 99% perspiration. Nothing could be truer. For one to accomplish his or her dreams, there has to be had work and discipline. But take note that that 1% has to be a think-big dream, and not some easily accomplished one.

Ask any gym rat and he or she will tell you that there can be no gains unless you are put out of your comfort zone. Remember the saying, "No pain, no gain"? That is as true as it can be.

So dream on, friend! Don't get caught up with your perceived limitations. Think big and work hard to attain those dreams. As you step up the ladder of progress, you will just about find out that the impossible has just become a little bit more possible.

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More Than One Way To Skin A Cat: Adventures In Creative Thinking

How many times have you caught yourself saying that there could be no other solution to a problem – and that that problem leads to a dead end? How many times have you felt stumped knowing that the problem laying before you is one you cannot solve. No leads. No options. No solutions.

Did it feel like you had exhausted all possible options and yet are still before the mountain – large, unconquerable, and impregnable? When encountering such enormous problems, you may feel like you're hammering against a steel mountain. The pressure of having to solve such a problem may be overwhelming.

But rejoice! There might be some hope yet!

With some creative problem-solving techniques you may be able to look at your problem in a different light. And that light might just be the end of the tunnel that leads to possible solutions.

First of all, in the light of creative problem-solving, you must be open-minded to the fact that there may be more than just one solution to the problem. And, you must be open to the fact that there may be solutions to problems you thought were unsolvable.

Now, with this optimistic mindset, we can try to be a little bit more creative in solving our problems.

Number one; maybe the reason we cannot solve our problems is that we have not really taken a hard look at what the problem is. Here, trying to understanding the problem and having a concrete understanding of its workings is integral solving the problem. If you know how it works, what the problem is, then you have a better foundation towards solving the problem.

Not trying to make the simple statement of what problem is. Try to identify the participating entities and what their relationships with one another are. Take note of the things you stand to gain any stand to lose from the current problem. Now you have a simple statement of what the problem is.

Number two; try to take note of all of the constraints and assumptions you have the words of problem. Sometimes it is these assumptions that obstruct our view of

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possible solutions. You have to identify which assumptions are valid, in which assumptions need to be addressed.

Number three; try to solve the problem by parts. Solve it going from general view towards the more detailed parts of the problem. This is called the top-down approach. Write down the question, and then come up with a one-sentence solution to that from them. The solution should be a general statement of what will solve the problem. From here you can develop the solution further, and increase its complexity little by little.

Number four; although it helps to have critical thinking aboard as you solve a problem, you must also keep a creative, analytical voice at the back of your head. When someone comes up with a prospective solution, tried to think how you could make that solution work. Try to be creative. At the same time, look for chinks in the armor of that solution.

Number five; it pays to remember that there may be more than just one solution being developed at one time. Try to keep track of all the solutions and their developments. Remember, there may be more than just one solution to the problem.

Number six; remember that old adage, "two heads are better than one." That one is truer than it sounds. Always be open to new ideas. You can only benefit from listening to all the ideas each person has. This is especially true when the person you're talking to has had experience solving problems similar to yours.

You don't have to be a gung-ho, solo hero to solve the problem. If you can organize collective thought on the subject, it would be much better.

Number seven; be patient. As long as you persevere, there is always a chance that a solution will present itself. Remember that no one was able to create an invention the first time around.

Creative thinking exercises can also help you in your quest be a more creative problems solver.

Here is one example.

Take a piece of paper and write any word that comes to mind at the center. Now look at that word then write the first two words that come to your mind. This can go on until you can build a tree of related words. This helps you build analogical skills, and fortify your creative processes.

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So, next time you see a problem you think you can not solve, think again. The solution might just be staring you right in the face. All it takes is just a little creative thinking, some planning, and a whole lot of work.

SELF IMPROVEMENT AND SUCCESS

Everything that happens to us happens in purpose. And sometimes, one thing leads to another. Instead of locking yourself up in your cage of fears and crying over past heartaches, embarrassment and failures, treat them as your teachers and they will become your tools in both self improvement and success.

I remember watching Patch Adams – its my favorite movie, actually. Its one great film that will help you improve yourself. Hunter “patch” Adams is a medical student who failed to make it through the board exams.

After months of suffering in melancholy, depression and suicidal attempts – he decided to seek for medical attention and voluntarily admitted himself in a psychiatric ward. His months of stay in the hospital led him to meeting different kinds of people. Sick people in that matter.

He met a catatonic, a mentally retarded, a schizophrenic and so on. Patch found ways of treating his own ailment and finally realized he has to get back on track. He woke up one morning realizing that after all the failure and pains he has gone through, he still want to become the a doctor.

He carries with himself a positive attitude that brought him self improvement and success. He didn't only improved himself, but also the life of the people around him and the quality of life. Did he succeed? Needless to say, he became the best damn doctor his country has ever known.

So, when does self improvement become synonymous with success? Where do we start? Take these tips, friends...

*Stop thinking and feeling as if you're a failure, because you're not. How can others accept you if YOU can't accept YOU?

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*When you see hunks and models on TV, think more on self improvement, not self pitying. Self acceptance is not just about having nice slender legs, or great abs. Concentrate on inner beauty.

*When people feel so down and low about themselves, help them move up. Don't go down with them. They'll pull you down further and both of you will end up feeling inferior.

*The world is a large room for lessons, not mistakes. Don't feel stupid and doomed forever just because you failed on a science quiz. There's always a next time. Make rooms for self improvement.

*Take things one at a time. You don't expect black sheep's to be goody-two-shoes in just a snap of a finger. Self improvement is a one day at a time process.

*Self improvement results to inner stability, personality development and dig this SUCCESS. It comes from self confidence, self appreciation and self esteem.

* Set meaningful and achievable goals. Self improvement doesn't turn you to be the exact replica of Cameron Diaz or Ralph Fiennes. It hopes and aims to result to an improved and better YOU.

*Little things mean BIG to other people. Sometimes, we don't realize that the little things that we do like a pat on the back, saying "hi" or "hello", greeting someone "good day" or telling Mr. Smith something like "hey, I love your tie!" are simple things that mean so much to other people. When we're being appreciative about beautiful things around us and other people, we also become beautiful to them.

*When you're willing to accept change and go through the process of self improvement, it doesn't mean that everyone else is. The world is a place where people of different values and attitude hang out. Sometimes, even if you think you and your best friend always like to do the same thing together at the same time, she would most likely decline an invitation for self improvement.

We should always remember that there's no such thing as 'over night success'. Its always a wonderful feeling to hold on to the things that you already have now, realizing that those are just one of the things you once wished for. A very nice quote says that "When the student is ready, the teacher will appear." We are all here to learn our lessons. Our parents, school teachers, friends, colleagues, officemates, neighbors... they are our teachers. When we open our doors for self improvement, we increase our chances to head to the road of success

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"Life With Woody" 10 Inspirational Quotes Than Can Improve Yourself

It might take a little coffee or probably a few rounds of beer or any other booze you could get your hands on when it comes to relaxing after a hard day's work. Well, yeah I'm guilty about that one as well, unless I'm caught dead wearing a lampshade over my head after a few rounds of vodka... half-naked! Okay, bad example and I apologize to everyone reading this after getting nightmares about me in that state of drunken stupor.

Just don't ask how it happened, please.

But what's really interesting is that how do people go through the usual part of life when faced with vein-popping stress? I mean, the new age thing like Zen or yoga is one of the good things and it actually works. Is there room for the intellectual side of people who can actually smell the roses-in-a-can while on the move? It kind of had me thinking that there really must be something in this 'mind-over-matter' thing.

Humor is indeed the best medicine there is whenever you are. I mean anyone can pay good money to listen to a comedian just to make you wet your pants after laughing so hard. Despite of what's been happening, and to those who has gone through the ordeal, it's better to just laugh while facing the troubles with a clear mind than anger with a clouded vision. One of my favorite celebrities of all time may have to be Woody Allen. Now this is one guy who gives you the in-your-face bluntness that he pulls out with gusto, even without even trying. You can talk just about anything with a man, and he's bound to mock the subject and you'll end up laughing rather than being upset about it.

Woody Allen has this to say:

1. "Money is better than poverty, if only for financial reasons." It sounds good to me, I mean the practicality of all things does involve money but it doesn't have to take an arm and a leg to get it.
2. "I believe there is something out there watching us. Unfortunately, it's the government." 'Nuff said.
3. "There are worse things in life than death. Have you ever spent an evening with an insurance salesman?" This happens to be one of the classic ones. I mean the issue about life's little problems isn't all that bad, until 'he' shows up.

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Sure, relationships can get complicated, or does have its complications that probably any author about relationships is bound to discover it soon. We follow what our heart desires, unless you're talking about the heart as in the heart that pump blood throughout your body.

4. "Love is the answer, but while you're waiting for the answer, sex raises some pretty interesting questions." And if you want more, just keep on asking!

5. "A fast word about oral contraception. I asked a girl to go to bed with me, she said 'no'." It sounds, 'practical', I think.

And when it comes to everyday life, he really knows how to make the best out of every possible scenario, and it doesn't involve a lawsuit if he strikes a nerve.

6. "Basically my wife was immature. I'd be at home in the bath and she'd come in and sink my boats." I never had a boat in my bathtub before. Just staring at it while soaking in hot water makes me seasick already.

7. "I am not afraid of death, I just don't want to be there when it happens." If it rains, it pours.

8. "I am thankful for laughter, except when milk comes out of my nose." It could get worse when you're guzzling on beer... or mouthwash, and it happened to me once!

9. "If you want to make God laugh, tell him about your plans." At least he doesn't smite us with lightning, and I'm thankful for that.

And despite of what may happen to all of us in the next ten, twenty, or even thirty years, I guess we all have to see things in a different kind of light and not just perspective. I can't seem to imagine life without any piece of wisdom that could guide us. Whether we're religious or not, it takes more courage to accept your fears and learn how to deal with them is all that matters when it comes to even just getting along.

And to sum things up, here is the last nugget of wisdom to go by... however, whenever, and wherever we may be.

10. "The talent for being happy is appreciating and liking what you have, instead of what you don't have."

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"What Really Makes You Tick?" 10 questions you should ask to yourself: a preparation to self-improvement

Be all you can be, but it's not always in the Army. I often see myself as somewhat contented with my life the way things are, but of course it's hard to think of anything else when there are real issues to be discussed.

Still I aspire for something deeper and more meaningful.

So we're all pelted with problems. Honestly it shouldn't even bother or even hinder us to becoming all we ought to be. Aspirations as kids should continue to live within us, even though it would be short-lived or as long as we could hold on to the dream. They say you can't teach an old dog new tricks... or can they?

1. What do I really want?

The question of the ages. So many things you want to do with your life and so little time to even go about during the day.

Find something that you are good at can help realize that small step towards improvement. Diligence is the key to know that it is worth it.

2. Should I really change?

Today's generation has taken another level of redefining 'self', or at least that's what the kids are saying. Having an army of teenage nieces and nephews has taught me that there are far worse things that they could have had than acne or maybe even promiscuity. So how does that fit into your lifestyle?

If history has taught us one thing, it's the life that we have gone through. Try to see if partying Seventies style wouldn't appeal to the younger generation, but dancing is part of partying. Watch them applaud after showing them how to really dance than break their bones in break-dancing.

3. What's the bright side in all of this?

With so much is happening around us there seem to be no room for even considering that light at the end of the tunnel. We can still see it as something positive without undergoing so much scrutiny. And if it's a train at the end of the tunnel, take it for a ride and see what makes the world go round!

4. Am I comfortable with what I'm doing?

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There's always the easy way and the right way when it comes to deciding what goes with which shoes, or purse, shirt and whatnot. It doesn't take a genius to see yourself as someone unique, or else we'll all be equally the same in everything we do. Variety brings in very interesting and exciting questions to be experimented.

5. Have I done enough for myself?

Have you, or is there something more you want to do? Discontentment in every aspect can be dangerous in large doses, but in small amounts you'll be able to see and do stuff you could never imagine doing.

6. Am I happy at where I am today?

It's an unfair question so let it be an answer! You love being a good and loving mom or dad to your kids, then take it up a notch! Your kids will love you forever. The same goes with everyday life!

7. Am I appealing to the opposite sex?

So maybe I don't have an answer to that, but that doesn't mean I can't try it, though. Whether you shape-up, change the way you wear your clothes or hair, or even your attitude towards people, you should always remember it will always be for your own benefit.

8. How much could I have?

I suppose in this case there is no such things on having things too much or too little, but it's more on how badly you really need it. I'd like to have lots of money, no denying that, but the question is that how much are you willing to work for it?

9. What motivates me?

What motivates you? It's an answer you have to find out for yourself. There are so many things that can make everyone happy, but to choose one of the may be the hardest part. It's not like you can't have one serving of your favorite food in a buffet and that's it. Just try it piece by piece.

10. What Really Makes You Tick?

So? What really makes you tick? You can be just about anything you always wanted to be, but to realize that attaining something that may seem very difficult is already giving up before you even start that journey. Always remember, that self-improvement is not just about the physical or philosophical change you have to undergo, but it's something that you really want.

"A Piece of Blarney Stone" 10 ways to empower your communication

The Blarney Stone is a historical stone, or actually part of the Blarney Castle in Ireland where it was believed that kissing the stone can grant you the gift of gab. Yeah, it seems strange in this day and age, but who are we to question tradition? It's not like I'm saying that Santa Claus doesn't exist (OOPS!).

There is so much to know about conversation that anyone, even I, could ever realize. You can go through watching talk shows; radio programs; clubs dedicated to public speaking; ordinary conversations; certain rules still apply when it comes to interaction through words. It may sound tedious, I know, but even though it's your mouth that's doing the work, your brain works twice as hard to churn out a lot of things you know. So what better way to start learning to be an effective communication is to know the very person closest to you: yourself.

1. What you know.

Education is all about learning the basics, but to be an effective speaker is to practice what you've learned. My stint as guest at every Toastmasters' meeting I go to taught me that we all have our limitations, but that doesn't mean we can't learn to keep up and share what we know.

2. Listening.

It's just as important as asking questions. Sometimes listening to the sound of our own voice can teach us to be a little bit confident with ourselves and to say the things we believe in with conviction.

3. Humility

We all make mistakes, and sometimes we tend to slur our words, stutter, and probably mispronounce certain words even though we know what it means, but rarely use it only to impress listeners. So in a group, don't be afraid to ask if you're saying the right word properly and if they're unsure about it then make a joke out of it. I promise you it'll make everyone laugh and you can get away with it as well.

4. Eye Contact

There's a lot to say when it comes to directing your attention to your audience with an eye-catching gaze. It's important that you keep your focus when talking to a large group in a meeting or a gathering, even though he or she may be gorgeous.

5. Kidding around

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A little bit of humor can do wonders to lift the tension, or worse boredom when making your speech. That way, you'll get the attention of the majority of the crowd and they'll feel that you're just as approachable, and as human to those who listen.

6. Be like the rest of them

Interaction is all about mingling with other people. You'll get a lot of ideas, as well as knowing what people make them as they are.

7. Me, Myself, and I

Admit it, there are times you sing to yourself in the shower. I know I do! Listening to the sound of your own voice while you practice your speech in front of a mirror can help correct the stress areas of your pitch. And while you're at it you can spruce up as well.

8. With a smile

A smile says it all much like eye contact. There's no point on grimacing or frowning in a meeting or a gathering, unless it's a wake. You can better express what you're saying when you smile.

9. A Role Model

There must be at least one or two people in your life you have listened to when they're at a public gathering or maybe at church. Sure they read their lines, but taking a mental note of how they emphasize what they say can help you once you take center stage.

10. Preparation

Make the best out of preparation rather than just scribbling notes and often in a hurried panic. Some people like to write things down on index cards, while other resort to being a little more silly as they look at their notes written on the palm of their hand (not for clammy hands, please). Just be comfortable with what you know since you enjoy your work.

And that about wraps it up. These suggestions are rather amateurish in edgewise, but I've learned to empower myself when it comes to public or private speaking and it never hurts to be with people to listen how they make conversations and meetings far more enjoyable as well as educational.

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"Who's the Boss?" 10 ways to start taking control (time management, goal setting, record tracking)

At first glance, it would seem that positive thinking and Attention Deficit Disorder (ADD) have nothing to do with one another. But many of us with ADD develop negative thinking patterns because we become frustrated by our challenges and frequent feelings of being overwhelmed. This negative outlook then makes it even harder for us to manage those challenges and move forward.

Practicing positive thinking allows people with ADD to focus on our strengths and accomplishments, which increases happiness and motivation. This, in turn, allows us to spend more time making progress, and less time feeling down and stuck. The following tips provide practical suggestions that you can use to help you shift into more positive thinking patterns:

1. Take Good Care of Yourself

It's much easier to be positive when you are eating well, exercising, and getting enough rest.

2. Remind Yourself of the Things You Are Grateful For

Stresses and challenges don't seem quite as bad when you are constantly reminding yourself of the things that are right in life. Taking just 60 seconds a day to stop and appreciate the good things will make a huge difference.

3. Look for the Proof Instead of Making Assumptions

A fear of not being liked or accepted sometimes leads us to assume that we know what others are thinking, but our fears are usually not reality. If you have a fear that a friend or family member's bad mood is due to something you did, or that your co-workers are secretly gossiping about you when you turn your back, speak up and ask them. Don't waste time worrying that you did something wrong unless you have proof that there is something to worry about.

4. Refrain from Using Absolutes

Have you ever told a partner "You're ALWAYS late!" or complained to a friend "You NEVER call me!"? Thinking and speaking in absolutes like 'always' and 'never' makes the situation seem worse than it is, and programs your brain into believing that certain people are incapable of delivering.

5. Detach From Negative Thoughts

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Your thoughts can't hold any power over you if you don't judge them. If you notice yourself having a negative thought, detach from it, witness it, and don't follow it.

6. Squash the "ANTs"

In his book "Change Your Brain, Change Your Life," Dr. Daniel Amen talks about "ANTs" - Automatic Negative Thoughts. These are the bad thoughts that are usually reactionary, like "Those people are laughing, they must be talking about me," or "The boss wants to see me? It must be bad!" When you notice these thoughts, realize that they are nothing more than ANTs and squash them!

7. Practice Lovin', Touchin' & Squeezin' (Your Friends and Family)

You don't have to be an expert to know the benefits of a good hug. Positive physical contact with friends, loved ones, and even pets, is an instant pick-me-up. One research study on this subject had a waitress touch some of her customers on the arm as she handed them their checks. She received higher tips from these customers than from the ones she didn't touch!

8. Increase Your Social Activity

By increasing social activity, you decrease loneliness. Surround yourself with healthy, happy people, and their positive energy will affect you in a positive way!

9. Volunteer for an Organization, or Help another Person

Everyone feels good after helping. You can volunteer your time, your money, or your resources. The more positive energy you put out into the world, the more you will receive in return.

10. Use Pattern Interrupts to Combat Rumination

If you find yourself ruminating, a great way to stop it is to interrupt the pattern and force yourself to do something completely different. Rumination is like hyper-focus on something negative. It's never productive, because it's not rational or solution-oriented, it's just excessive worry. Try changing your physical environment - go for a walk or sit outside. You could also call a friend, pick up a book, or turn on some music.

When it comes to the corporate world, protocol is pretty much the religion. To know the things needed to do are the basics of productivity, but interaction and having a steady mind makes up the entire thing to true productivity. There are those who seem to work well even under pressure, but they're uncommon ones and we are human and imperfect. To get these little things like stress under our skins won't solve our problems. Sometimes it takes a bit of courage to admit that we're turning to be workaholics than tell ourselves that we're not doing our best.

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"The Game of Life" Start your own coaching: 7 days program

Have you ever been a coach to a neighborhood team? I know how it feels the first time I've coached a team of seven-year-old soccer kids and how much they can really test my patience, not to mention sanity as they run around kicking the ball like ants to a huge, white crumb. It feels strange at first, having to be stared at by a bunch of kids who they will know that I'm not the one in the field. Sounds wrong in a sense, right? But what is the deal about coaching?

Coaching is all about being a, well, 'coach' in the corporate world of handlers, front-liners and even a couple of benchwarmers biding their time to be given a chance to perform. I know how that feels when I go back to my regular day job. Some players are just MVP material, and some of them are just to support the MVP's so why bother sticking around? It sounds ironic when they say 'there is no I in team', but even the underachievers can be sore losers as well.

These are steps that can be done within the day, and no matter what, it takes determination to be a coach.

1. There is a WHOLE lot of talk these days about Corporate Team Building. There are many, many options: vacation packages, rope courses, on-going office games, ice-breakers, etc. Management can also purchase videos, books, and seminar packages to assist them in building up their organization into a team worthy of belonging. A little later I will give you some ideas of where you can go for information on these team-building tools.
2. The truth about motivation is waiting to be grasped! It is ripe and ready for you to put into action today. Don't settle for mind-numbing gibberish. Get practical in 3 small ways to begin looking forward to your alarm clock sounding off each morning before you huddle with the team.
3. Experience is the best thing despite of what course you graduated in. There is something about being a people person who knows how to stir the energetic side of one individual, and more so when you mix it up with an entire team.
4. To question a person by his or her performance is sometimes required, but never question their knowledge or their intelligence. Sadly, I have seen a few mistakes from past coaches who never seem to understand what a player has to go through to get the job right. It will lead to further aggravation and maybe even hostility. If

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you want the job done right, then go do it yourself. You'll see how it is to be at the receiving end and it will help you set a much better course for improvement.

5. Sending a player to the bench is probably the worse experience a coach has to go through, especially if your player is the top performer. In dealing with this kind of person, see to it that he spills his guts voluntarily. Egotism in a performer tends to make them lose their focus on even the smallest mistakes, then you can catch him or her red handed. Be firm, but understanding about it.

6. Don't allow your position to blind you from what you are supposed to do. Even coaches are human enough to think that they are far more superior, but only by rank. Even if you have been in their shoes when you were their age, it's better to dole out a piece of wisdom in order for them to realize that this will be for their own benefit.

7. Lastly, you should learn to trust yourself and your team. Decisions and performance are primarily your goals, and there are many of them to see if they could perform the task much more efficiently. So before you think about sending one member to the bench, have a good chat with him or her and see if they have any problems. If it's too personal, then just encourage them to do their best and it also helps to give them a good, encouraging slap on the back.

I guess there's all there is to it. Being a corporate drone myself, I know how important it is for a company to be successful, and we're all part of that success. Coaches are there not to make your work a little difficult just because you have either an attitude problem or not much a performer, but they're the guides who will help you perform as hard as you can possibly can. You'll do them proud one of these days, as well as you.

UNLOCK YOUR SELF IMPROVEMENT POWER

When we look at a certain object, a painting for example – we won't be able to appreciate what's in it, what is painted and what else goes with it if the painting is just an inch away from our face. But if we try to take it a little further, we'll have a clearer vision of the whole art work.

We reach a point in our life when we are ready for change and a whole bunch of information that will help us unlock our self improvement power. Until then, something can be staring us right under our nose but we don't see it. The only time we think of unlocking our self improvement power is when everything got worst. Take the frog principle for example –

Try placing Frog A in a pot of boiling water. What happens? He twerps! He jumps off! Why? Because he is not able to tolerate sudden change in his environment – the water's temperature. Then try Frog B: place him in a luke warm water, then turn the gas stove on. Wait til the water reaches a certain boiling point. Frog B then thinks "Ooh... it's a bit warm in here".

People are like Frog B in general. Today, Anna thinks Carl hates her. Tomorrow, Patrick walks up to her and told her he hates her. Anna stays the same and doesn't mind her what her friends says. The next day, she learned that Kim and John also abhors her. Anna doesn't realize at once the importance and the need for self improvement until the entire community hates her.

We learn our lessons when we experience pain. We finally see the warning signs and signals when things get rough and tough. When do we realize that we need to change diets? When none of our jeans and shirts would fit us. When do we stop eating candies and chocolates? When all of our teeth has fallen off. When do we realize that we need to stop smoking? When our lungs have gone bad. When do we pray and ask for help? When we realize that we're gonna die tomorrow.

The only time most of us ever learn about unlocking our self improvement power is when the whole world is crashing and falling apart. We think and feel this way because it is not easy to change. But change becomes more painful when we ignore it.

Change will happen, like it or hate it. At one point or another, we are all going to experience different turning points in our life – and we are all going to eventually unlock our self improvement power not because the world says so, not because our friends are nagging us, but because we realized its for our own good.

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Happy people don't just accept change, they embrace it. Now, you don't have to feel a tremendous heat before realizing the need for self improvement. Unlocking your self improvement power means unlocking yourself up in the cage of thought that "its just the way I am". It is such a poor excuse for people who fear and resist change. Most of us program our minds like computers.

Jen repeatedly tells everyone that she doesn't have the guts to be around groups of people. She heard her mom, her dad, her sister, her teacher tell the same things about her to other people. Over the years, that is what Jen believes. She believes its her story. And what happens? Every time a great crowd would troop over their house, in school, and in the community – she tends to step back, shy away and lock herself up in a room. Jen didn't only believed in her story, she lived it.

Jen has to realize that she is not what she is in her story. Instead of having her story post around her face for everyone to remember, she has to have the spirit and show people "I am an important person and I should be treated accordingly!"

Self improvement may not be everybody's favorite word, but if we look at things in a different point of view, we might have greater chances of enjoying the whole process instead of counting the days until we are fully improved. Three sessions in a week at the gym would result to a healthier life, reading books instead of looking at porns will shape up a more profound knowledge, going out with friends and peers will help you take a step back from work and unwind. And just when you are enjoying the whole process of unlocking your self improvement power, you'll realize that you're beginning to take things light and become happy.

Summary

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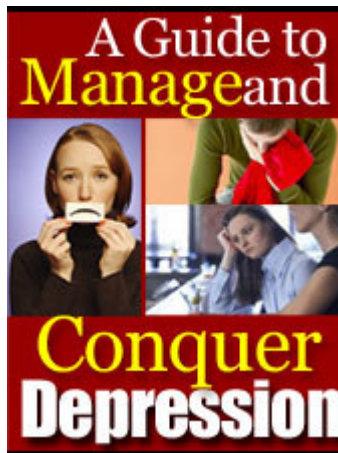
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Are You Depressed?

Here's How To Conquer Depression...

It may be a symptom of the strains of modern life: the prevalence of depression. It seems that depression is ever-present, attacking us at work and school.. To a large extent, it is impossible to escape depression.

Announcing A Special Report...



Do you ever feel as though you're on the verge of a complete nervous breakdown? As though, if one more thing goes wrong with your day that you don't know what you'll do?

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I felt exactly the same way just a few short months ago. I was really burning my candle at both ends between work and college and family and I didn't think I could hold on much longer. I was snappy and short with everyone and then I noticed that my depression was taking a toll on my health.

I knew I had to do something.

That's when I started to read everything I could on the subject of depression

What I discovered completely changed my life!

How did I do it?

I would love to share my secrets with you and my new special report on depression does just that!

Everything you need to know to manage and conquer depression is included in this special report:

- **Self Help Tools**
- **De-Mystifying Assumptions about Depression**
- **Herbal Alternatives**
- **Understanding the Causes of and Signs of Depression**
- **Treatment Options**

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- **Therapy Options**

I leave absolutely nothing out! Everything that I learned in order to control my depression I share with you!

I show you how to manage and conquer your depression; no matter what it is that is causing your depression!

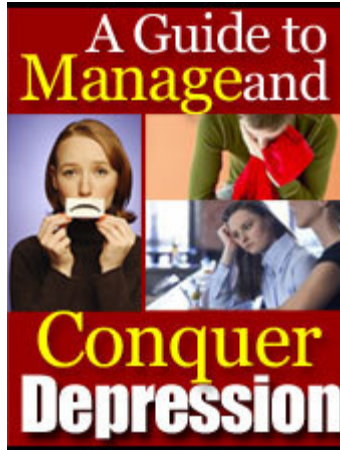
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- Types of Depression
- The Role of Emotions in Depression
- Getting Help from Family and Friends

You won't want to miss out on this! Learn to manage and conquer your depression today!

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