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Outstanding performance is one of the keys to personal and professional success, which I discuss in a direct conversation about success. If you want to become an outstanding performer you need to do three things. 1) Stay on top of your game by becoming a lifelong learner. 2) Set and achieve high goals. 3) Organize. Manage your time, life and stress well. If you read this blog with any regularity, you know that I'm a big fan of SUCCESS Magazine. I read it cover to cover every month - and keep it as a reference. See last Friday's blog post to get an idea of how much I appreciate the ideas in SUCCESS. If you haven't subscribed yet, I suggest you go to www.success.com do it right now. The May 2009 success issue has a large piece of Earl Nightingale called 30 Days of Testing. I remember listening to Mr. Nightingale when I was a kid. I really enjoyed his radio show Our Changing World. He had such a great voice and told such great stories. Here's an example of his common-sense approach to life and success since 1956... I want you to do a test that will last 30 days. It won't be easy. If you give it a good try, it will completely change your life for the better. First of all, I want you to write on the map that you want it more than anything else. Make sure it's a common goal and clearly defined. You don't have to show it to anyone, but carry it with you, so you can look at it several times a day. Think about it in a fun, relaxed, positive way every morning when you get up and immediately you have something to work on, something to get out of bed, something to live with. Look at this every chance you get during the day and before bed at night. As you look at it, remember that you have to become what you think about, and since you think about your goal, you will understand that soon it will be yours. Every time a terrible or negative thought comes into your consciousness, replace it with a mental picture of your positive and worthwhile purpose. Within 30 days, you have to take control of your mind. He will only think about what you let him think. Every day for this 30-day test, do more of what you have to do. In addition to keeping a cheerful, positive outlook, give yourself more than you ever did before. Do this knowing that your return to life must be in direct proportion to what you give. I love this tip because it comes in two parts. 1) Visualize your goal. 2) Work is very difficult to achieve it. Too many people are great at visualizing parts and not so great on the hard work part. You need both - and probably more hard work - if you want to succeed. Earl Nightingale got it. I hope you do, too. The sense of common sense here is simple. Successful people are outstanding performers. Outstanding performers set and achieve high goals. Good goals specific and measurable. They focus on one achievement. Your goals should become a part of you. Carry them with you. Think of them first thing in last thing at night and several times during the day. Thinking about your goals will help motivate you to put in a while and effort to achieve them. A well-stated goal is a great start, but it is hard work that will ultimately lead to achieving your goals. There are no two ways about this. You have to do the job if you want to achieve your goals. This is my take on Earl Nightingale's 30-day challenge. What's yours? Please leave a comment sharing your thoughts with us. As always, you have my deepest and most sincere gratitude for reading. Bad iStockphoto / Thinkstock Also they can't tame PMS, unwind you after one too many cocktails, or keep you revved up in bed. But the right products can. Don't let the dreaded D-word throw you away. These one-day diets are not about weight loss or even weight loss; They're about noshing on the right nutrients, so you'll look better and feel better - fast. We leave for a romantic getaway tomorrow to diet iStockphoto / Thinkstock Your sexual vitality depends on eating foods that are rich in the amino acid L-arginine, says Robert Fried, Ph.D., senior professor of biopsychology at Hunter College and co-author of Great Food, Great Sex. Found in nuts, poultry and seafood, this sexy secret weapon promotes healthy blood flow to the genitals so you can experience maximum pleasure. Also, devouring heavy foods before a big lovefest can weigh you down and divert blood flow from your sex regions. Achieve a lighter rate that balances carbohydrates (for energy), protein (for endurance), and healthy fats (which your body uses to produce testosterone and estrogen, two hormones that keep your libido working beautifully). What to eat - Breakfast Oatmeal - walnuts - dried cranberries - Celery appetizer - peanut butter - Salad Lunch Garden - chicken - olive oil sauce - Dinner whole grain pasta and shrimp, Thrown in olive oil, fresh-berry dessert I'm in hell PMS Diet Stockbyte/Thinkstock Premenstrual mood swings and crazy cravings come down to brain shortage The only thing that helps instantly is eating carbohydrates because that's the only way the brain makes new serotonin, says Wurtman, who adds that serotonin boosters should be eaten right without fat or protein.com. No, it's not a license to go all day carb crazy - only when your PMS is usually at its worst, which is usually late at night and evening. The rest of the day is filled in by fruits, vegetables and protein, which can help curb cravings and keep you saturated, says registered nutritionist Joey Shulman, author of Healthy Sin Foods: Decadence Without Guilt. Also, give up salt and get more nutrients that have been with the reduction of these disgusting that time of the month symptoms: magnesium (grains, nuts, greens), as well as calcium and vitamin D (milk, fortified OJ). What to eat and breakfast Cottage Cottage Berries - Fortified OJ - Lunch spinach salad - salmon - skimmed milk - Snack Air-popped popcorn (no butter) drizzled with low-fat chocolate sauce - Dinner whole grainy pasta with garlic, Mushrooms and onions in tomato sauce I want to see Fab on my Date Tonight Diet iStockphoto / Thinkstock It's one thing to look good in your little black dress, but it's one thing to look good Some food combo (protein plus carbohydrates) can make the belly tent up, says Esther Blum, R.D., author of Secrets of Gorgeous. Therefore, she recommends pairing protein with vegetables and fat, or carbohydrates with vegetables and fat. Banish bloated indosors such as beans, broccoli, kale, cauliflower, fizzy drinks, and artificial sweeteners, and fill up on high water foods instead (cucumber, watermelon, mashed soup). This will moisturize the system and help smooth the stomach, Shulman said. Bromelain, the digestive enzyme in pineapple, also works wonders by breaking down protein and moustache digestion. Is there a water-thumping woes? Skip salty foods (which include all takeaways) for potassium powerhouses like avocados and bananas to help get rid of extra liquid. If constipation is the culprit, insoluble fibers found in fruits and whole grains can relieve you. Psst: Mint tea can reduce bloating gas and speed up digestion. What to eat - Breakfast Fruit smoothies (peaches, strawberries, banana, pineapple, yoghurt) - Lunch Chicken Caesar salad with avocado - Snack mint tea - cucumber sticks - Dinner Soup low in sodium - steamed salmon or chicken I need to be on top of my game on the iStockphoto/Thinkstock Diet before the morning powwow, make sure you have a little protein. Otherwise you'll be brain dead, says Wurtman. The amino acid tyrosine in the protein makes you mentally alert. Latte lift and dough pickme activity may seem like the answer, but too much caffeine can make you nervous and can increase stress, says Melina Jampolis, M.D., a diet and fitness expert for CNN. Limit caffeine and avoid clarity clouding white things (white flour, white sugar, white paste) in favor of complex carbohydrates such as bran muffins and whole wheat bread. They are digested more slowly to keep blood sugar and energy levels on an even keel, said Cheryl Forberg, R.D., a nutritionist for NBC's Biggest Loser. Studies also show that vitamin C can act as a cold pill and help you recover faster from high pressure situations. In addition, iron deficiency can make you feel sluggish, reducing your ability to carry energy-intensive oxygen. Jampolis says, so choose iron-rich foods such as beans and lean beef. What to eat - Breakfast Scrambled egg whites - whole grain porridge - orange - Salad Lunch Taco (salad greens - bean kidney) - low-fat snack bun I shouldn't have had that third Martini Diet Stockbyte/Thinkstock After a big night, you may feel more like praying to a porcelain god than eating, but proper nutrition can You and the sideline of these sangria induced symptoms. Gay Riley, R.D., founder of NetNutritionist.com, suggests starting the day with a high-protein, low-carb breakfast paired with fresh vegetable juice to replenish energy. Korean researchers are also giving a hangover-nixing nod to asparagus, which boosts key enzymes that break down alcohol. Add more detox bang to breakfast with turmeric-topped egg whites, suggests nutritionist Christine Avanti, author of Skinny Chicks Don't Eat Salads. Curcumin, a bioflavonoid in turmeric, combined with cysteine, an amino acid in eggs, helps mop up hangover-causing toxins such as acetaldehyde. Other morning choices include vitamins B6 and B12 (found in cereals and salmon) and headache relief of magnesium and potassium (in peanut butter and bananas). And despite what you may have heard, Bloody Mary won't help. Alcohol will only be an extra tax on your liver. But direct tomato juice is full of potassium as well as alcohol-containing fructose. Also drink water or relieve nausea ginger tea. What to eat - Bacon Breakfast - Egg Whites with Turmeric and Tomato Juice - Lunch Fortified Breakfast Cereals with Skimmed Milk, Ginger Tea - Snack Greek Yogurt - Banana with Peanut Butter - Salmon Dinner - Baked Potatoes This content is created and maintained by a third party, and is imported on this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io piano.io testing solutions 30 day guide to cars. testing solutions 30 day guide to cars sdn. testing solutions' 30 day guide to mcats cars success pdf. testing solutions 30 day guide to cars reddit

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