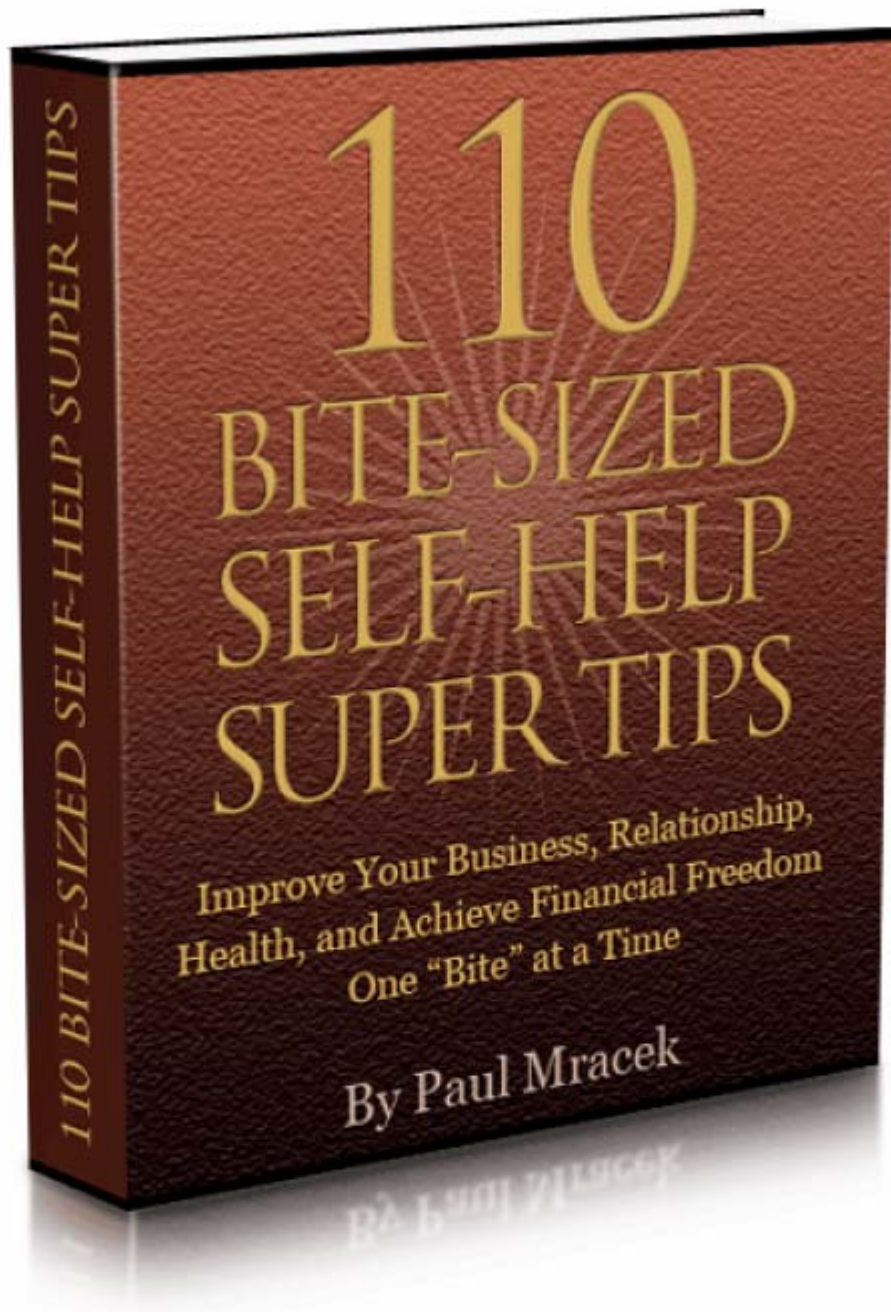


110 Bite Sized Self Help Super Tips



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About the Author

Before we get started I want to give you a bit of an overview about me and my story. I have always found that it helps to have an understanding and appreciation of the person talking to you... it helps with whether you choose to believe what I say or ignore it...that is of course your choice in the end.

If you have been over to me blog at <http://paulmracek.com/> you will see a short overview about me, so just in case you haven't been there yet here it is: "I'm a "fifty something", techi-engineer, with three awesome kids (who have grown up way too fast), who is at a "tree change" and wanting to make a living from the internet..."

The longer version with a bit more content or background follows for those who need a bit more content and like to tick the boxes.

For years I've worked solely for large companies all over the world travelling and working across Asia, Europe, North America and Australia. I've managed, as CEO / Managing Director many highly successful businesses / projects with many people across different cultures for the last 25 years in many industries, including:

Sales (Trading/ Wholesale: international and domestic, Resale)

Manufacturing (Automotive, Equipment, Electrical)

Building (House and Commercial construction)

Recreational Water (Pools & Spa)

Services (Repair & Maintenance, Comfort – Heating & Cooling)

Aftermarket (Whitegoods, Industrial, Commercial)

Mining (Transport and Logistics)

Because of my training in strategic planning, to analysis, to problem solving, to successful implementation I found that many people suffered from the same problems and lacked the knowledge and/or capability to make significant change's in their life. I was able to identify some of the traits that were common to many people and this is what is included as a handy quick reference guide in this book for you.

So enjoy and you will I am sure be nodding your head saying..yeah I know someone like that...and you will be pleasantly surprised how taking some of these tips on board will help achieve the results and success you deserve.

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Health and Fitness Self-Improvement Tips

There's no better place to start self-improvement than with your health. After all, health is one of the most important aspects of life. Taking care of your health is the first step on the road to self-improvement.

1.
Eat breakfast- start the day off right with a quick morning breakfast. Fruit and yoghurt, granola and milk or whole-wheat toast and peanut butter will ensure you start on the right foot.
2.
Relax in the morning- get up a couple minutes early and savour that extra time. Enjoy a cup of coffee while watching the sun rise; take a few extra minutes to yourself in the shower; or go for a quick brisk walk around the block to get your heart pumping. There's nothing worse than starting your day in a rush. A few minutes in the morning can make a world of difference.
3.
Exercise with a friend- Exercise releases endorphins, which can lift your sprit as well as help you maintain a healthy weight. However, sometimes it can be hard to get out of bed and actually hit the gym. Combining your friendly chatter with exercise can make exercise much more fun. Working out with a friend, whether this is a morning stroll, a spin class, an evening run or anything else, can keep you motivated and revved for the rest of the day.
4.
Don't just drink water, enjoy water- tap water is fine, in most instances, but pure water makes a big difference. It's important to drink 2 litres of water each day; however, this shouldn't seem like a chore. Add some ice cubes, cordial and enjoy water through a fun straw to make it more indulgent. Water doesn't have to be just water.
5.
Pop a vitamin a day- it's amazing what one little pill can do for your health. Multi vitamins can give your body the nourishment it is lacking. We can't eat perfect balanced and healthy all the time, which is why vitamins were created.

This is just a taste of what you will get....