

It is our pleasure to share this information with you. We hope that you enjoy this flyer and share it with your friends, family and co-workers.

One of the founding principles behind Connections Planet is serving our communities. With that goal in mind, we are making this and a series of other flyers available as a free download. You may download and use these brochures in any way you see fit. All we ask is that you do not edit or change this flyer...

Flyers in this series are:

- 11 Powerful Ways To Expand Your Life This Year
- 7 Steps To Living At The Speed Of Life
- Accelerate Your Abilities
- Are We Having Fun Yet?
- Change Your Attitude Today!
- Embracing Adversity For Achievement
- Empowerment Checklist
- Find Your Motivator
- Leadership Prep!
- My Magic 8-Ball
- Observing Successful People
- *Put Some "Wow" in Your Personality*
- Secrets Of Successful Teams
- The Top Six Ways To Stay Motivated
- When The Door Of Opportunity Opens
- Wherever You Are, Be There
- Your Greatest Resources

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www.connectionsplanet.com/homestead/flyers.htm

My name is Kim. I am the zip code manager for Zip Codes 33030, 33031, 33032, 33033, 33034 and 33035.

It is my job to help our community by adding local news and information to these 6 zip code sites. If there is anything going on at your business, school, church, school or organization that you would like to share with the community, please email the information to me at homestead@connectionsplanet.com.

We offer cost effective advertising for businesses in the community. Please feel free to send me an email and we can get together to design an ad campaign that will help your business to put its' best foot forward.

Have a great day,

Kim



Connections Planet

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7 STEPS TO LIVING AT THE SPEED OF LIFE

*Presented by
ConnectionsPlanet.com*



7 STEPS TO LIVING AT THE SPEED OF LIFE

by Jim M. Allen

Everywhere you turn today, people are in a constant rush: *Hurry here! Hurry there!* Free up an extra half-hour and you just *might* be able to squeeze one more task into your already overflowing schedule of things to do.

Unfortunately, too many of us these days mistake living fast for living well. They aren't the same things. Rather than spend your time rushing around not enjoying life, make the decision to do just the opposite. Choose to slow down.

Below I've listed 7 steps that will help you get started "gearing down" to a calmer, more enjoyable pace: your own, personal, speed of life.

1. Stop rushing No matter how much you do or don't do, time passes by at a steady rate. Second by second, minute by minute. You can't change that. So accept it and **pace yourself**.

2. Stop being rushed Of course, you'll need to spend some time

telling the people around you that you're not going to rush anymore, but it's worth it. Take a stand: *don't let others force you into fast forward mode.*

3. Do less It's natural for you to start rushing about when your list of activities is jam-packed. If you really want to slow down, reduce your commitments --*it's okay to say "No" when people ask for your help and/or participation--* and free up some "spare" time.

4. Do nothing Better yet, take #3 even further. Do *less* than less.... **do nothing!** Plan "**nothing days**". These are days when you have *absolutely* nothing that must be done -- days when anything you choose to do is the right thing to do.

5. Do one thing at a time If you can't bring yourself to doing less (or nothing), then slow down by simply doing **one thing at a time**. You'll focus more on each task you do (and you'll probably complete it faster, too).

6. Do things now Not everything, just the stuff that *really* must be done today. Pay your bills when they arrive, not the day they're due. Take out the

trash when the trash is full, not just on the day the garbage truck comes by.

7. Do something for someone else Spend an hour each week helping your favorite charity . You'll quickly see how valuable time really is **and** you'll feel great by focusing on helping others.

Jim Allen is a professional life coach, speaker, and writer.

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