

## **Special Report for Friends of George Katsoudas**

**In this special report, you will find out things like:**

- How to turn a negative into a positive
- A great way to pick up more than two extra hours a day
- Get more done faster
- Enjoy life more:

Let's get to it ;-)

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Have you seen one of those movies with Steven Seagal? You know, where the bad guy points the gun at the hero...

Not only ain't the hero phased at all, but he snatches the guy's gun and does him in along with his entire gang.

Steven Seagal has never won an Oscar (in fact, many believe that he is not even a good actor)... but ... you can use this philosophy in your life s well. I try to do it myself all the time... and... I used it recently...

### **Here's what happened:**

4 days ago, I tried opening my PC but I was getting an error message. Some kind of problem with the Windows (of all the **unexpected** things to happen on a Microsoft machine ☺).

It was getting late in the day when this happened. I would have to send my PC for repair next day.

In the meantime, I had a whole afternoon with no PC to slave over and torture myself with (the masochist in me demands it).

Here's something I always try to keep in mind:

**Don't worry or stress out over things you have no power over.**

There's no point in it.

Instead, try to see if you can see the situation from a new angle.

So, I thought: "Ok, I have some free time in my hands. What can I do to make the most of it?"

I tried to find something interesting and valuable.

I found the transcripts of a teleconference. This is a bonus to a high ticket course I'm selling but... I had never really paid THAT much attention to it.

I started going through it, noting down every nugget of wisdom I could find..

**Three hours later, I had taken tons of notes on things I wasn't aware of (or that I was just not using).**

Here are some of the notes I took:

- 1) Have a cheerful expectancy. Be optimistic that things will work out
- 2) Do one proactive thing a day
- 3) Have a set of values that you look at for 10 mins a day (including goals you may have)
- 4) Start with simple projects and work up to more complex ones
- 5) Be decisive. It comes down to action
- 6) Gratitude: be thankful every time good things happen in your life: It helps you keep connected to your abundance source
- 7) If the brain ain't fed positive thoughts, it lapses back into a "bad" state
- 8) When you have an idea, note it down. Once you do, your brain will "release it" and start coming up with more ideas.
- 9) Learn to say no. If a project is not moving, just move on. Maybe it ain't meant to be.

And so on.

So, not only don't I consider this day to be a "bad day" (because my PC broke down). I actually consider it one of the most constructive days I ever had!

Now, here's...

## **How to get ideas and make almost 100% certain that you will act on them:**

One of the best ways to keep "connected" to the good ideas you have is to **note them down**. However, NOT in a "note book." I tried this and it "don't" work for me..

Too lazy to flip through old pages of notes trying to find them after a while..

What you should do instead is **note each separate idea on a separate piece of paper**. This piece of paper should not be huge (the ones I use are 1.5X3 inches or about 5X15 cm).

And you shouldn't just use "normal" paper with these because it can get "messy" and "destroyed" too easily. Use thicker paper instead (somewhat like the ones poker cards are made of).

I live in Greece and I couldn't find something like this in bookstores. **But** I found it in the first "printing office" I walked in.

They were ready in 60 seconds and they were so cheap that the owner of the shop wouldn't even accept any money for about 100 of them (despite my violent protests).

Ok, now you have these cards, right?

What you are going to do, is this:

**You are going to write (yes, handwrite) with a pen all the good ideas you have.**

They may be ideas that you have already noted down in a "notebook". Or, ideas you may have "highlighted" within a book you like. Or, just ideas that come to you throughout the course of the day.

These ideas can be anything that will improve your life. You can include some "self help" tips, ideas that you can be implementing in your business, relationships, physical health etc...

Just make sure that you write a **separate idea on each card**.

Here are some examples from my cards (they may or may not apply to you):

- Don't mind the little details
- Don't do difficult tasks when you are hungry
- Take one day a week off your PC
- Spend 5 mins the day before to schedule tomorrow
- Drink a glass of water as soon as you wake up in the morning
- Find 2-3 main goals for the day and do them early in the day. Then play.
- Make sure you don't bid outrageous amounts of money on Adwords [Note: I lost about \$267 three days ago because I typed \$9.15 instead of \$0.15 in an adgroup. I will surely remember this one! <grin>]
- Discipline weighs ounces but regret weighs tons

And so on.

Make sure you read these cards every day so that you don't forget the lessons they teach you. And don't worry, you won't "lose time" by reading them. You can just go through them during the commercial of your favourite TV series or movie. Turn "idle time" into "power time" for your brain!

**TIP:** Don't always read the cards in the same order or your brain will just get "lazy" and "stroll" through them. **Shuffle** them well before going through them. There's no need for you to read first all the "business tips" then the "self help tips" then the "health tips" or whatever. Just mix them up. They are all important parts of your life.

Let me tell you, **this thing WORKS.**

For example, one of my cards says: "Learn to say NO"

Yesterday, there was a movie called **"American Psycho"** on TV. It's a cool movie about a successful businessman who is also a schizophrenic killer. <grin>

I had watched it in the past and I would like to do so again. But... I would end up going to bed at 2-3 AM and next day (today) I would be dragging my feet. So, I just said NO to the schizo and went to sleep.

Guess what: This morning I woke up fresh as a daisy and got a ton of work done in no time. And I don't feel **any** remorse for not watching American Psycho either ☺

Another one of the cards says:

*- Spend 5 mins the day before to schedule tomorrow*

So, that's what I did yesterday. I created today's schedule. And I tried to **put the most important things early in the schedule**. For example: set up Google Adwords campaign for a new product (remember: be proactive), work out (not 18 any more) and write this report to my friends.

Guess what: I **did** set up the new campaign, I **did** work out and I **am** writing the report you are reading right now. And it's not even noon.

And in the afternoon I will be able to relax with no stress of things that need to be done.

Ok?

So, this works big time. Every time you have an idea, note it down on one of your cards (just **one** idea on **each** card). Then, read them throughout the day. The more the better. Shuffle them first. Act on them.

You will be surprised at how many good things start happening. You will pick up several extra hours in a day. You will get more done. You will be able to take the right decisions when it matters the most. You will be close to new ideas and more likely to implement them.

By the way, this is something I have seen Gary Halbert mention. He writes great headlines on cards and then goes through them before he writes copy. It primes his brain. Well, why not prime your brain for things other than just "copy"? It's like downloading the best "software" to your brain.

Try this. It works well. Go get yourself some cards. Write good ideas on them. Read them. Shuffle them. Rinse and repeat throughout the day. Act on those ideas.

Then, send me an email and let me know if this helped you at all. And remember: Always look for positives within "negative" situations. Most of the time, these situations are just blessings in disguise...

Best,

George Katsoudas