

**ENJOYING THE SIMPLE
PLEASURES IN LIFE**

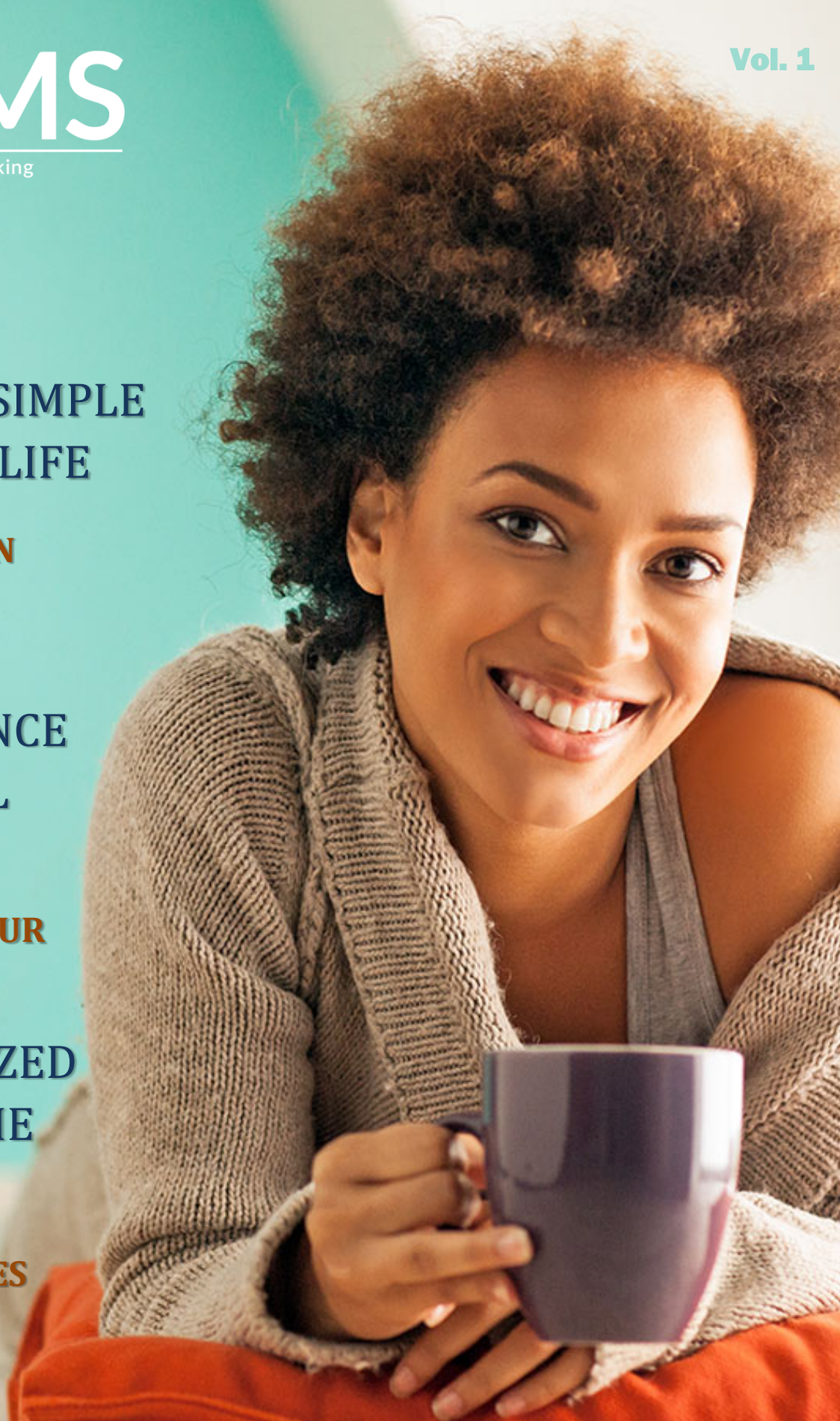
**THE LINK BETWEEN
PERSONALITY AND
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**THE IMPORTANCE
OF EMOTIONAL
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**PROGRAMMING YOUR
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**BEING ORGANIZED
SAVES YOU TIME
AND MONEY**

**SETTING PRIORITIES
FOR MANAGING
YOUR TIME**



Welcome to the new NAMS Magazine... It's all about the NAMS Way of Thinking!



David Perdew
CEO, NAMS Inc.

I don't care what anyone says...creating and running an online business is not easy. But most online business coaches won't tell you that.

No one wants the truth. They want easy until easy doesn't work. I know. I was the same way. And I love easy, but creating any REAL business is not easy. That's why most fail. Business owners buy the marketer's hype that touts this tool, or that technique, or this strategy. The truth? No one tool, no one strategy, no one technique will ever get you where you want to go.

As always, we hope you enjoy this magazine and will share it with all your friends.

Building a business is work. Lots of consistent, committed work. And even then, you can still fail if you don't get one thing right...That's your mind.

Our minds can sabotage our entire business and personal lives. I'll give you an example.

For nearly 10 years, I ran NAMS without taking a salary. Instead, I pulled out stockholder draws.

You see, I had a hang up about paying myself. Oh, I paid everyone else, but I wasn't quite sure that my business would make enough some weeks to pay me.

One of my financial coaches set me straight. "David, if you don't have enough faith in your business to pay you each week consistently, it never will."

In other words, I was limiting my business because I - the founder, owner and visionary - didn't have enough faith in my business to commit to a weekly payroll.

After I got my mind right about that issue, and started paying myself on a weekly basis, my revenue doubled. And then it doubled again.

Mindset is essential to success for any business owner. That's why we're introducing our second monthly magazine, ***The NAMS Way of Thinking!***

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THE LINK BETWEEN PERSONALITY AND HAPPINESS

Ever wonder why some people seem to never have a bad day? They are happy no matter what life throws at them. One of the defining factors is their personality.

Take a look at these personality traits and how, if you have them, they may be affecting your happiness.

Perfectionism

There's no such thing as perfect. Those who lean towards perfectionism, tend to be less happy than those who enjoy the process and accept that, while not perfect, they did their best. While a perfectionist may find happiness in a job well done, it is usually short lived.

Dreaming

Dreamers tend to be happy people. Although they may lean towards procrastination, which brings stress, they quickly move on to the next big dream once the stress has passed.

One thing dreamers do well is spend time visualizing what they want from life. If they take action on these, they are likely to achieve their dreams.

Organization

People who like to be organized have a lot going for them. However, it is important they find balance.



Being too focused on organization may cause them to miss the small details that they should be enjoying. Being disorganized can leave them feeling frustrated. When it comes to getting organized, focus on efficiency, not perfection.

Positivity

Positivity is one personality trait that has a large impact on a person's personal happiness. Some people are born with a tendency to this trait, while others have to strive to stay out of the negative. Every day practice looking for the positive in every experience. After a while, it will become habit and you will find happiness comes to you naturally.

Living in the Moment

Those who have learned to live in the moment are happy people. They find joy in being fully present each and every day of their lives. They love the experience as much as the outcome of everything they do.

Some people find living in the moment hard, but the difficulty is only in their mind. Only you can choose how you want to live your life. You can live in the past, rehashing things that cannot be changed. You can meticulously plan for the future but may find disappointment if your plans don't come together. Or you can focus on the here and now and love the life you've been given. You can let go of regrets and work each day to be a little better than you were yesterday. That's not to say you shouldn't dream or plan for the future, but while doing so, don't forget to enjoy the present.

While some people seem to be born with just the right personality traits, others have to work a bit harder to find happiness. No matter where you fall in the scope, remember, happiness is a choice only you can make for yourself.



ENJOYING THE SIMPLE PLEASURES IN LIFE

Some think joy comes from big ticket events such as a vacation, graduation or wedding. But oftentimes the simple pleasures in life are what we can count on to give us continuous joy. Why? Because when we appreciate the simple things, the gratitude we feel will extend to all areas of our life.

If you need a refresher on what simple things can bring joy, take a look...

Freshly Cut Grass

Freshly cut grass is enjoyable in every way. The smell and feel of it under your bare feet are fresh and invigorate the senses. Try to experience this at least a few times each year, as the weather allows it.

Giving and Receiving Smiles

What a better way to experience a simple pleasure for free? Give smiles not only to your friends, but also to random strangers you pass on the street. You will be amazed at how good it feels to see first the surprise of others, and then their own smile in return.



Endorphin Rush after Working Out

When you exercise, your body is flooded with endorphins. These natural, feel-good chemicals are sure to brighten your day. Work out in the morning to use this endorphin rush to improve your productivity throughout the day.

Your Favorite Food

Regardless of how unhealthy your favorite food is, allow yourself to occasionally enjoy it. Studies have shown that if you only eat a food every once in a while, you'll find it more enjoyable when you do treat yourself.

Hot Cup of Coffee or Tea

Even if it's something you drink daily, it can bring much joy. As you sip on your beverage of choice, take some quiet time to enjoy every drop.

Making Snow Angels

This is not only for kids. Put on some warm clothes and simply fall into the snow. Feeling silly about this will not ruin the experience, just embrace the feeling of innocent fun that making snow angels can bring.

Laughing until It Hurts

Laughter is like medicine. Everyone should have an opportunity to laugh until

it hurts at least once a day. Whether it is with a friend who could write comedy, or watching a good movie, take some time to laugh away your stress.

Getting a Massage

If you have never had a massage, give it a try. This hour of total relaxation will make your troubles feel as though they are melting away. Many individuals are even entitled to massages through employee benefits.

Walking in the Rain

Walking in the rain is one of life's amazing simple pleasures. Dress warm and go outside with or without an umbrella. Let the rain splash over your face as you stroll along and be sure to jump in at least one puddle for old time's sake.

Expensive fun is great but can be hard to come by. Instead of waiting for your next vacation, indulge in one of these simple pleasures. By learning to appreciate the little things right next to you, you will find great fulfillment each and every day.

THE IMPORTANCE OF EMOTIONAL INTELLIGENCE



For years parents hoped their child would score highly on IQ tests. It was assumed that people with a high IQ did better in life. But, studies have shown that high IQ isn't really a good indicator of future success. It's only an indicator of potential.

The missing piece of the puzzle is the emotional intelligence quotient, or EI. Emotional intelligence is a necessary skill if you want to improve your communication with others.

People with a high EI:

- Form closer interpersonal relationships. They are more likely to understand emotional and social cues and therefore form strong relationships with people outside their family environment.
- Fit in better in a group due to being able to regulate their own emotions in a healthy manner. They're also able to judge how others may feel. They work well in group and team settings and often become leaders.
- Manage stress better because they are self-aware. They recognize signs of stress and know when they need down time to cope with it.
- Are less likely to suffer from depression because they know how to care for themselves. They ask for help when needed.

Check Out Camp Clarity Today!



- Are more likely to feel and show empathy. People with high EI can read facial and body cues of others and empathize even if they've never experienced the exact same event.
- Are more self-aware due to having a strong connection to their feelings. They know their limitations; when to say no and when to say yes. They know how to be true to themselves.
- Are more assertive because they have an inner self-confidence, derived from their high EI. They know what they are capable of doing and when they have a right to express their opinion.
- Are more self-motivated. People with a high EI know that only they can make the necessary changes they want to see. They don't ask "who can do it?" they ask, "why not me?"

None of these things require a high IQ. You can have an average IQ but a high EI and still be super successful in life, perhaps more successful than someone with a super high IQ.

And if your emotional intelligence is lacking, no worries. This is one area where you can learn and improve upon.

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BEING ORGANIZED SAVES YOU TIME AND MONEY

*When we clear the physical clutter, we make way for
inspiration and good, orderly direction to enter.*

- Julia Cameron

Organization is beneficial for everyone and can be easily adapted to suit individual needs. And believe it or not, being organized in your everyday life actually saves you time and money. Here are a few reasons why.

Efficient and Stress-Free

You spend less time looking for items when you need them. This is especially true in the case of important yet rarely used items, such as insurance or tax information.

Saves You from Buying New

Knowing what you have and where it is located means you don't have to buy duplicates. If you track your spending, you're likely to see how much these purchases really add up.

Reminds You of Important Details

Household bills get overlooked and go unpaid when there is no organization. Being organized allows you to quickly see what is due and if it has been paid.

Cuts Grocery Expenses

If you plan out a menu for each week or month, you can buy many of your groceries in bulk, saving you time and frequent trips to the store. If you prepare a list ahead of time, you can also look for coupons that offer savings on the things you plan to buy.

The same applies to non-food items, which can be bought in bulk and stored for later use. Staying organized and keeping essentials stocked up saves you the stress of running out to make a special trip for more. You can also plan out birthday or holiday gifts well ahead of time, so that you can keep an eye out for a good deal.

While it may take a bit of effort, organizing your life allows you to use your time more efficiently and to take full advantage of your finances. Not only that, but the more thought-out your budget or schedule is, the less you will worry about them. There are many tools designed to help keep you organized, including all kinds of helpful apps for mobile devices.

CREATING A WORKABLE SCHEDULE

Creating and following a schedule is the best way to use all of your time as efficiently as possible. Working on a schedule helps you meet deadlines, keep appointments and stay focused on the task at hand.

But, following a schedule can be difficult - especially if you aren't used to planning out your day. Here are some things to keep in mind while making and maintaining your schedule.

Make a To-Do List

The first thing to consider when setting up a schedule is knowing what you need to accomplish. Make a list of everything that you need to get done in a day, as well as a list of leisure activities or other things that you would like to do.

Once you've made your lists, you can decide how much time you need for each activity and use this to develop a schedule. Schedule high-priority activities first and work everything else in order.

Use a Planner

Record all of your scheduled events in one organizational tool like a planner. You can use a physical copy or an app on your phone, but it's important to use the same planner for all your scheduling. This ensures that all of your appointments and meetings will be in the same place and easily accessible, and that no conflicting schedules are made. The simplified scheduling will keep you on track and relieve some of the stress associated with the scheduling process.

Stay Realistic

Don't plan out a schedule that you won't be able to keep. Be sure to give yourself plenty of time in between activities, especially if you have to travel from one to the other. Also, make sure you allow yourself breaks throughout the day to rest and recharge.

Planning a schedule that is too busy will leave you feeling tired and may affect your performance as well as your health.

Keep at It

Like any habit, good or bad, you have to keep at it in order to truly make it stick. The same applies to learning how to properly manage and maintain a workable schedule that you can consistently follow each day. The scheduling process will be less stressful and easier to follow through with each time you plan out your day. Persistence is key!

Expect the Unexpected

More often than not, things don't quite go according to plan. Don't be stressed out if things don't happen exactly like you were expecting them to. Be prepared to make adjustments to your schedule if the situation calls for it. If something comes up that you hadn't scheduled for, make sure you will still have time to see to everything on your schedule.

These tips cover the basics of managing your time. After you've worked out and followed your own schedule, you can adapt your organizational style to suit your needs. Try out different methods or techniques to see which ones you like. There is no perfect method for scheduling, so you have to find the method that works best for you.

PROGRAMMING YOUR CONSCIOUS MIND



You are probably familiar with how the subconscious mind sometimes sets out to sabotage the conscious mind. This is not to say that you have a split personality, but the subconscious does play a role in the human mind.

A long time ago, the subconscious mind could have been responsible for your safety. The fight or flight syndrome where you were faced with imminent danger required you to decide on whether to stay or to flee.

However, today, through research, study, and best-selling books we know that the subconscious mind may overact every now and again. The subconscious mind is made of perceptions of events and occurrences from the past. It is the only thing we have to rely on to make current and future choices.

However, living in the conscious mind is where you are truly awake. The subconscious is made up of events and stories from the past while the conscious mind is completely present to the moment.

Below are three tips for living in the conscious mind.

Live in the Moment

How many times have you found yourself thinking about an altercation that occurred yesterday while switching over to worrying about something next week? When you live in the moment, whether you are driving your teen somewhere or washing a dish, you are truly present to the conscious mind.

In the solitude of meditation, when your conscious mind becomes quiet, your subconscious reveals herself.

- Nityananda Das



If you are driving with your teen, for example, be present to him or her. Notice the way her hair falls or how he has a little bit of a crooked smile when he grins. Be present to the person right in front of you in the moment.

If you are washing dishes, feel the warmth of the water, smell the scent of the soap.

Take on Meditating

If you really want to program your conscious mind, take on the art of meditation.

Meditating will help you differentiate between the subconscious and the conscious

mind and you will learn about the different levels of brain waves such as alpha and beta.

You will learn where you will have more control of your conscious mind, as well.

Make a Choice

No matter what, you always have a choice as to how you feel, and you also have a choice as to how long to feel that certain way.

You can choose to look at an ending as a new beginning and a closed door as an open window. Choosing your own thoughts is a great way to program your conscious mind.

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HOW TO CREATE A TIME MANAGEMENT PLAN

Creating a time management plan keeps you from wasting time. Having a plan makes every hour count, ensures that you get to work more quickly and helps distribute your time over all the tasks that you need to do each day, week, month and year. Creating a time management plan is an imperative if you want to be successful.

Be Realistic with Your Plans - Don't go against your own internal clock when planning each day. If you know you struggle to get up in the morning, do not schedule things in the early morning hours. If you can manage in the mornings if you do tasks you like first, try that.

Set Time Limits - This is especially important for both tasks you dislike and tasks you like. You always have a risk of procrastination when it comes to tasks you hate by spending too much time on tasks you like.

Eliminate Distractions - One of the biggest killers of any plan that you set are distractions such as television, interrupting phone calls, social media, and yes - children and spouses. While nothing is ever perfect, you can eliminate most distractions by planning ahead about how to deal with them. Turn off the TV, turn off the phone, use social media only at certain times with a timer set, and explain to children and spouses the importance of not bothering you while you are working.

Differentiate Important from Non-Important Tasks - One of the hardest tasks before you when creating a time management plan is understanding what is important and what is not important. If you make it a habit to do the most important things first, you're going to feel more accomplished and get more done.



Use a Calendar and Technology - Where would we be without technology? Using Google Calendar or another system synced to your phone is a great way to ensure that your calendar is always with you and that you don't forget things. You can even set reminders and alarms to help.

Eliminate Urgency from Your Life - This can be difficult, but most things really aren't urgent. If you are a service provider, stop taking last-minute work; train your clients to give you plenty of time to work tasks into your schedule. If you set family time and play time into your schedule too, that will eliminate the need for a last-minute meltdown from the toddler too.

Create and Use Lists - It is one thing to note on your calendar "work on project A" but it's quite another to list exactly what you are to do during that time period on project A. This is the most effective way to schedule your time so that you meet your goals. Be very specific with lists so that no time is wasted.

Create a Daily Action Plan - There should always be at least four or five things that you can do each day toward any future goal that you have to help you feel accomplished. Plus, having a variety of things to do each day will eliminate boredom and procrastination.

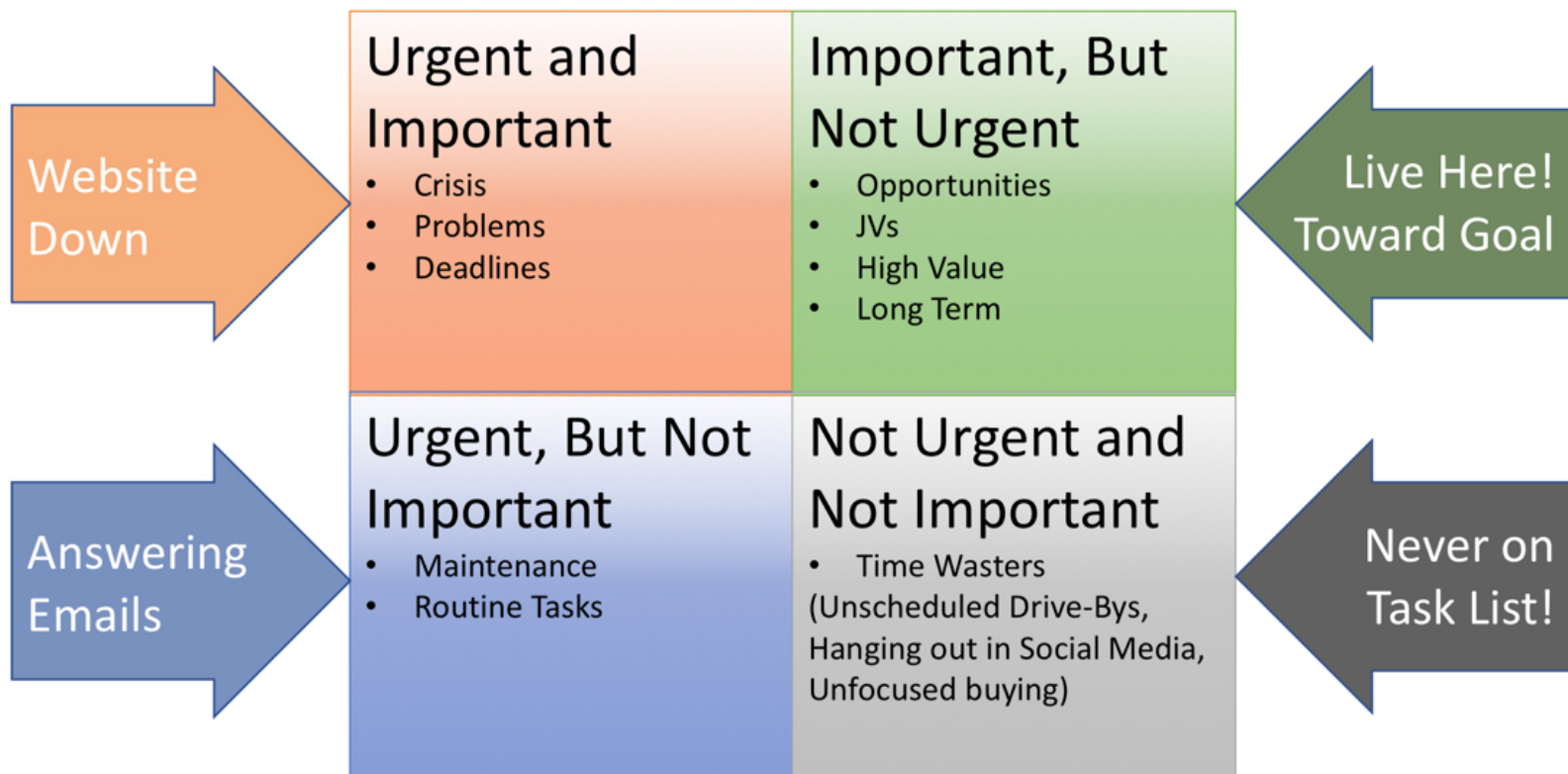
Creating a time management plan is an essential element in creating success. Most successful people live and die by their calendars. When you meet someone and wonder how in the world, she does it all, it's probably a very thought-out and coordinated schedule that allows her to accomplish so much.



SETTING PRIORITIES FOR MANAGING YOUR TIME

One of the hardest parts of time management is learning how to set priorities. Sometimes it can feel like everything you need to do is an emergency. But the truth is, there are ways to organize your time and manage the tasks that you need to do so that you get them finished right when they need to be done without feeling overwhelmed or rushed.

Thankfully Stephen Covey's time management grid is here to save us from ourselves. It looks like this:



When you have too many top priorities, you effectively have no top priorities.

– Stephen Covey

The way you use the grid is to designate each item on your to-do list to a colored square. Instead of quadrants like Mr. Covey' has assigned, they are different colors here.

- Orange: Needs to be done immediately
- Green: Needs to be done but can take longer and needs more strategic planning
- Blue: Distractions, but needed by others
- Gray: Not at all important and often used in order to procrastinate

Use the grid to help create your daily to-do list by prioritizing the importance and urgency of each item you have to pick from. It can be as simple as doing the orange things first, then the green, next blue, and finally the gray items. But, if you do it this way you might miss out on something important you can learn from the time management grid.

Eliminate Urgency from Your Life

By focusing on green, you can eventually lessen the orange items on your list. By learning to say no to others you can virtually eliminate the blue things, too. Finally, by getting your schedule under control the gray will eliminate itself because you won't feel the need to procrastinate anymore.

Learn to Say No

As children we are taught to not say no. Unfortunately, this transfers over to adulthood in a bad way, especially for females. If you determine something is in the blue or gray area, you can use that to determine whether or not you should say no. If it's something that your client wants that takes five minutes, but it's not that important, you can do it. If it's something you just like to do, you can always do it after you've done three orange or green tasks.

Assess Your Time Expenditures Now

Now that you have Dr. Covey's time management chart, you can go back and re-evaluate the things you are currently doing each day to find out what color they are. Knowing their color will help you label each thing that you do throughout the days, weeks and months ahead so that you can prioritize them.

Finally, when you are assessing any task, make sure you label it, then ask yourself if it fits in with your core values and goals. If it does, it's going to be in either the orange square or the green square. If it doesn't, it's probably in one of the other squares. As you learn to use this system it will start becoming more automatic so that you can say yes or no faster and put your time management on auto drive.

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