

The (12) Areas of Life

How to Organize Your E-mail and Bookmarks to Achieve Extraordinary Peace of Mind and More Effectiveness in Life.

I am very pleased that you decided to order the High Speed Results Life Transformation Formula. I have been using and developing the formula myself for years now, and with my clients. So many great results have been materialized, and continue to be, that is why I keep using this formula and the exercises and techniques presented with it in the e-book.

This special bonus report describes a technique that is not in the book. I came upon it myself over time, as I work on the internet and in e-mail every day. This is a very short report, because like most of the materials I present, my interest is in getting you to have results. Maybe one day I will write a fictional novel that you can just sit back and enjoy, but for now, there is something simple that you can try, and I think you will enjoy what happens for you.

Let me start this brief presentation by listing the (12) areas of life which are discussed at length in the Life Transformation Formula e-book.

1. TRANSPORTATION OF A BODY
2. HOME OR SHELTER, AND THE THINGS WITHIN
3. CLOTHES
4. FRIENDS AND ASSOCIATES OR RELATIVES
5. EATING AND FOOD ARRANGEMENT
6. EDUCATIONAL ADVANCEMENT
7. JOB OR OCCUPATION
8. HOBBIES AND ACCOMPLISHMENTS
9. MONEY SPENT, EARNED, MADE, OR SAVED, AND THE AMOUNT THEREOF
10. ENVIRONMENT, AND THE WORLD AROUND, WHETHER AT PEACE OR AT WAR
11. ROMANCE, SEX, HUSBAND, WIFE, CHILDREN, A FAMILY
12. BODY, AND THE HEALTH THEREOF, INCLUDING PHYSICAL CONDITION

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Please contact Jorj R. Elprehzleinn if you have any questions about applying this formula to your own situation. E-mail Jorj@elprehzleinn.com or call 1-619-819-8774.

Now here is my idea for you. In your e-mail you probably have many folders in which you move your various emails to. There is your INBOX, and your DELETED ITEMS folder, and perhaps many more.

What I suggest is that you make 12 new folders in your inbox, using the 12 areas of life, as the titles of those folders. You can shorten them for your convenience in any way that you like.

The next thing that you do, is to organize the existing folders that you have, into these twelve folders. Some people may be able to accomplish this very quickly and easily. Other people may just move a few items that you are sure of, and leave out other items that you are not so certain about which area they belong in.

This is exactly as it should be. It is the process of living with those 12 areas there in your email, and the thinking process that is initiated, that will either quickly or gradually give you great advantage in your life through the ordinary work that you already do with your e-mail.

For one thing, I think you will feel a sense of total peace and calm, when you see only 12 folders in your e-mail. When you open them, you may see many more folders. The point is that when you do go and work inside any of those folders, your mind will know that you are working in that area, and your mental focus will increase tremendously.

I am not going to take up your time trying to explain to you all the benefits of doing this. What I am going to do, is simply suggest that you give it a try, if you choose to, and experience what benefits this brings to you.

And I suggest that you do the same thing with your FAVORITES or BOOKMARKS folder in your internet browser.

This completes my report. Enjoy.