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Your Free Monthly Shred News! April 2016

Your Monthly News & Updates

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7 Powerful Habits of A Self- Made Millionaire



T. Harv Eker said it so well, "every master was once a disaster." We all have habits - good and bad. And, if good habits are as addictive as bad ones shouldn't we focus on ones that can take us from disaster to master? Here is a list of 7

powerful good habits you can adopt for maximum results!

1. Simplify your words - Millionaires know to share their message in just a few, simple words. Your communication skills are key.
2. Abandon the old - Identify your old, negative habits and abandon them. Replace them with new, positive ones.
3. Set goals daily - Every single day put your goals onto paper. If the most successful people in the world are doing this, shouldn't you?

[Click Here to See Full Article](#)

5 Signs Your Boss Can't Be Trusted!



Rather than making your own mistakes out in the professional world, you can learn from someone who has been there. Here are 5 signs your boss is not someone you can trust or rely on:

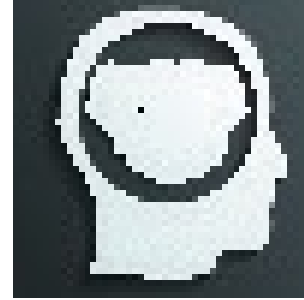
1. You have witnessed your boss throw someone else under the bus before.
2. You've heard your boss talk about another co-worker behind their back.
3. You've heard your boss talking about lying to his boss to cover up a mistake or keep them in the dark.

[Click Here For Full List of 5 Reasons Your Boss Can't Be Trusted](#)

Exercise Could Slow Rate of Mental Decline By 10%

Did you know that 1/3 of the brain's volume is

made up of blood vessels? Maintaining healthy blood flow to those vessels is crucial to keeping the brain young.



Studies show that exercise actually increases your gray matter in the areas of the brain that are responsible for complex thought and decision making.

Exercise is also a great stress reliever, which can further protect the brain from damage caused by stress. Stress can cloud the brain's memory and slow down thinking. Even brisk walks can increase creative thinking.

[Read More About How To Slow Your Brain's Decline](#)

9 Things To Do If You Can't Afford Your Tax Bill



What do you do when April rolls around and you are not quite sure how you are going to afford your tax bill? It's good to know that you do have some options. Here they are:

1. File and pay as much as you can - Be sure to file and send in as much as you can. There will be a penalty.
2. Delay of full payment - If paying your tax bill would leave you unable to cover your everyday expenses you can ask the IRS to hold off until you have the money. Interest and penalties still accrue.
3. Work out a payment plan with the IRS - The IRS has seen this lots of times before. If you owe less than \$50,000 in taxes, fees and penalties you can apply for a payment plan.

[Click Here to Learn About Options If You Can't Afford Your Tax Bill](#)

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