



SoftwareTeacher, Inc.



SoftwareTeacher, Inc.
Creator of the Power Seminar

954-593-3333 Phone

877-315-6054 Fax (Toll Free)

softwareteacher@msn.com Email

www.softwareteacher.com Web

Check Disk:

Double Click My Computer
Right Click the Local Disk (C) Drive and choose Properties
Click the Tools Tab
Click Check Now...
Click Both Check Boxes and Click Start
The computer should ask you if you wish to do this on Next Restart
Click "Yes"
Restart your machine.

The Check Disk Should run when you restart your computer. If not, then you have other issues. It should also take some time to run the Check Disk

After the Check Disk, run:

Disk Cleanup:

Click Start
Click Programs
Click Accessories
Click System Tools
Click Disk Cleanup
Click OK

When the Disk Cleanup offers options be sure Temporary Files are checked and Temporary Internet Files are Checked and Click OK

Click Yes

After the Disk Cleanup is complete, Run:

Disk Defragmentation:

Click Start
Click Programs
Click Accessories
Click System Tools
Click Disk Defragmentation
Click Defragment Button.

Restart Computer

Upgrade The Most Important Part Of The Computer "YOU"