Services You Can Disable
There are quite a few services you can disable from starting automatically. This would be to speed up your boot time and free resources. They are only suggestions so I suggestion you read the description of each one when you run Services and that you turn them off one at a time.
Some possibilities are:
Alerter Application Management
Clipbook
Fast UserSwitching
Human Interface Devices
Indexing Service
Messenger
Net Logon
NetMeeting
QOS RSVP
Remote Desktop Help Session Manager
Remote Registry
Routing & Remote Access SSDP Discovery Service
Universal Plug and Play Device Host
Web Client
Cleaning the Prefetch Directory
WindowsXP has a new feature called Prefetch. This keeps a shortcut to recently used programs. However it can fill up with old and obsolete programs.
To clean this periodically go to:
Star / Run / Prefetch
Press Ctrl-A to highlight all the shorcuts Delete them
Not Displaying Logon, Logoff, Startup and Shutdown Status Messages

To turn these off:

Start Regedit Go to HKEY_LOCAL_MACHINESOFTWAREMicrosoftWindowsCurrentVersionpoliciessystem If it is not already there, create a DWORD value named DisableStatusMessages Give it a value of 1
Clearing the Page File on Shutdown
Click on the Start button
Go to the Control Panel
Administrative Tools
Local Security Policy
Local Policies
Click on Security Options
Right hand menu - right click on "Shutdown: Clear Virtual Memory Pagefile" Select "Enable" Reboot
For regedit users If you want to clear the page file on each shutdown:
if you want to clear the page file on each shutdown.
Start Regedit
Go to HKEY_LOCAL_MACHINESYSTEMCurrentControlSetControlSession ManagerMemory ManagementClearPageFileAtShu Set the value to 1
No GUI Boot
If you don't need to see the XP boot logo,
Run MSCONFIG
Click on the BOOT.INI tab
Check the box for /NOGUIBOOT
Speeding the Startup of Some CD Burner Programs
If you use program other than the native WindowsXP CD Burner software, you might be able to increase the speed that it loads.
Go to Control Panel / Administrative Tools / Services
Double-click on IMAPI CD-Burning COM Service
For the Startup Type, select Disabled
Click on the OK button and then close the Services window
If you dont You should notice
Getting Rid of Unread Email Messages
To remove the Unread Email message by user's login names:
Start Regedit

For a single user: Go to HKEY_CURRENT_USERSoftwareMicrosoftWindowsCurrentVersionUnreadMail For all users: Go to HKEY_LOCAL_MACHINESOFTWAREMicrosoftWindowsCurrentVersionUnreadMail Create a DWORD key called MessageExpiryDays
Give it a value of 0

Decreasing Boot Time
Microsoft has made available a program to analyze and decrease the time it takes to boot to WindowsXP The program is called BootVis
Uncompress the file. Run BOOTVIS.EXE
For a starting point, run Trace / Next Boot + Driver Delays
This will reboot your computer and provide a benchmark
After the reboot, BootVis will take a minute or two to show graphs of your system startup.
Note how much time it takes for your system to load (click on the red vertical line)
Then run Trace / Optimize System
Re-Run the Next Boot + Drive Delays Note how much the time has decreased
Mine went from approximately 33 to 25 seconds.
Increasing Graphics Performance
By default, WindowsXP turns on a lot of shadows, fades, slides etc to menu items. Most simply slow down their display.
To turn these off selectively:
Right click on the My Computer icon Select Properties
Click on the Advanced tab
Under Performance, click on the Settings button
To turn them all of, select Adjust for best performance My preference is to leave them all off except for Show shadows under mouse pointer and Show window contents while dragging
Increasing System Performance
If you have 512 megs or more of memory, you can increase system performance by having the core system kept in memory.
Start Regedit Go to HKEY_LOCAL_MACHINESYSTEMCurrentControlSetControlSession ManagerMemory ManagementDisablePagingExecu
Set the value to be 1
Reboot the computer
Increasing File System Caching

To increase the amount of memory Windows will locked for I/O operations:

Start Regedit

Go to HKEY_LOCAL_MACHINESYSTEMCurrentControlSetControlSession ManagerMemory Management Edit the key IoPageLockLimit

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Resolving Inability to Add or Remove Programs

If a particular user cannot add or remove programs, there might be a simple registry edit neeed.

Go to HKCUSoftwareMicrosoftWindowsCurrentVersionPoliciesUninstall Change the DWORD NoAddRemovePrograms to 0 disable it

4096 - 32megs of memory or less

8192 - 32+ megs of memory

16384 - 64+ megs of memory

32768 - 128+ megs of memory

65536 - 256+ megs of memory