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Volume 11, Issue 1

January 2018 Newsletter

Keeping Your New Year Resolutions

Virtually everyone has made a New Year's resolution - and then quickly broken it. While your intentions may be good, reality makes it hard to keep those promises. This year, use these tips to help you achieve your goals.

Be Realistic: Don't make too many resolutions or make your goals unattainable. It might be better to just have one resolution that is within reach. For example, if you want to pay off your debt in the new year, you might resolve to eat out one less time per week and put the difference towards your debt.

Plan Ahead: Spend some time ahead of New Year's Day thinking about your goals. With some forethought, you can come up with a good plan. Include in your planning a way to make yourself accountable and think about how you are going to get support.

Get a Buddy: Keeping your resolution a secret is a sure-fire way to slip up. Tell a friend or family member what you are hoping to accomplish. Even better, find someone who has the same goal as you. For example, if you are trying to lose weight, it is more productive to have someone who will exercise with you on a regular basis. This accountability can be the extra motivation you need to succeed.

Reward Yourself: Set some goalposts that you can reach along your resolution journey. Once you've accomplished a smaller goal, give yourself a reward. That doesn't mean that you should get an ice cream sundae once you've lost your first five pounds. Instead, get a new outfit or see a movie.

Track Your Progress: A journal or chart can be a good way to watch your progress. Even something as simple as a notation on a calendar each day can be a good motivator. If you are trying to pay off debt, keep track of the amount as it goes down. A person trying to quit smoking can count the days on a calendar.

Hang in There: Behavioral scientists say that it takes about 21 days to form a new habit. It can take up to six months for it to become a part of your personality and feel second-nature. Give yourself some time to get used to your new way of thinking.



Green Living Tip

Before you throw away all those boxes that came with your Christmas presents this year, consider how you can reuse them. Many small boxes can be reused as storage boxes in drawers or closets. To save a product box to use for shipping something else later, simply take the box apart at the seams. Turn it inside out and tape the box back together. Most product boxes have no printing at all on the inside, so this gives you a nice clean box to use for shipping.

Reduce . Reuse . Recycle 

Playing @ The Movies

Paddington 2

Settled in with the Brown family, Paddington the bear is a popular member of the community who spreads joy and marmalade wherever he goes. One fine day, he spots a pop-up book in an antique shop -- the perfect present for his beloved aunt's 100th birthday.

Movie Stats

Rating: PG

Genre: Comedy / Family

Release Date: January 12, 2018

Director: Paul King

Starring: Hugh Grant, Sally Hawkins



Your Monthly Internet Tidbit

"You can find the hottest deals for live concerts and sports events at FanSnap.com"

If you are a sports nut or a concert fan, you know that the most exciting way to catch a game is to attend a live event. But getting tickets can put a pinch on your wallet. One way to score cheaper tickets is to buy them on the secondary market, from fans who need to unload their unwanted tickets. FanSnap.com is the best online ticket comparison shopping site. You can do comparison shopping of over 50 of the best secondary market ticket sites to not only find the best seats, but also to get the best deal. You can use their interactive maps, seating charts, and best value function to find the best tickets in the house.

Check it out today at: FanSnap.com

January Is Blood Donor Month



Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather and illness. January, in particular, is a difficult month for blood centers to collect blood donations. A reduction in turnout can put our nation's blood inventory at a critical low.

Every day in our country, approximately 39,000 units of blood are required in hospitals and emergency treatment facilities for patients with cancer and other diseases, for organ transplant recipients, and to help save the lives of accident victims. Our goal is to help ensure that blood is available to patients whenever and wherever it is needed because it is the blood on the shelves that helps save lives.

For more information visit: AmericasBlood.org



Before printing think about your responsibility and commitment to the **ENVIRONMENT**