



5 Tips to Jump Start Your New Year

Don't start 2019 without some simple steps to lead you in a great direction. Use these tips to help you get going.

Stay Healthy

- Daily exercise boosts your energy level, improves your mood, and relieves stress.
- When you get enough rest, you have more energy to accomplish your priorities.

Plan Your Day

- Every morning, make a list of 3 tasks you want to accomplish that day.
- 50/10 Rule... work on 1 important task for 50 minutes and then take a 10-minute break to refocus.

Keep Learning

- Reading increases knowledge which in turn keeps you inspired. Topics you love and want to grow in will keep you moving!
- Brainstorming with like-minded people increases creativity and will lead to new ideas and opportunities. (Hearts Song Living 😊)

Focus on What Makes You Happy

- A tidy work area gives you energy and inspiration and lets you focus on the work you need to get done.
- Set some time aside for some self-care... inspirational reading, a walk, coffee with a friend or whatever fills your tank.
- Being good to yourself is NOT selfish, it helps every other area of your life!

What Are You Thinking?

- Talk to yourself instead of listening to yourself. It's amazing how much nicer we can be with our intentional words rather than our minds running away!
- Are your thoughts helping you or hurting you?