

BelleRegalo cc

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2009 – Edition 1



Belle Times

Some of our team's New Year Resolutions.

- To buy new furniture for myself and my mother.
- To do my affirmations each morning before 07H00.
- To do something fun every month.
- To explore South Africa .
- To study.



Quotation

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

By Jimmy Dean

How to Set New Year's Resolutions.

Happy 2009!

Did you manage to reach your New Year's

New Year's Resolutions Are Often Not Specific

- To walk 3 times a week .

What is happening in the corporate gifting world?

Valentine's Day - 14 February.
[Click here for ideas for Valentine's Day.](#)

Conference Season starts in February.
[Click here for conference gift ideas.](#)

Religious Celebrations in January and February

03 January
 Vasant Panchami - Hindu

6 January
 Epiphany - Christian

7 January - 10

Resolutions from this last year? Are you planning some more for the coming year? Many people set resolutions at the beginning of each year, only to find that they never really accomplish them. Why? What can you do this year to ensure you actually make those changes in your life?

Last year I set out some rather challenging goals for the business. Being a choleric I suffer from a habit of setting goals but when I achieve them, I think that maybe that is not worth celebrating and I just move on without taking time to look back at what I achieved. At the end of 2008 I promised myself to do just that.

Here are some ideas as to how you can make setting New Year's resolutions work for you. At the end of this article our team shares some of their New Year's resolutions.

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The first problem with New Year's Resolutions that often stops people meeting them is that they are not specific. You decide to make a change but you don't really set a date for it or work out how you are going to accomplish this and as a result you never really make a start, or if you do it doesn't usually last long enough to see any real results.

New Year's Resolutions May be Too Large

Apart from not being specific, New Year's resolutions can also often be too large and not accomplishable in themselves. Large goals should always be broken down into smaller, more achievable tasks in order to be accomplished and so your resolutions should also be broken down into more attainable tasks.

Do You Have Enough Desire Behind Your Resolutions?

Sometimes we set New Year's resolutions just for the sake of setting them, without any real, burning desire on our part to achieve them. Unless you really want to accomplish what you set out to and can see the end result and why you want to do it then you will not be likely to achieve it.

The Answer

Instead of setting New Year's Resolutions this year try to set SMART goals. Goals that are specific, measurable, achievable, realistic and that have a time limit. Break these goals down into smaller goals that can be accomplished within a few months and even smaller ones that you can accomplish this week.

New Year's resolutions are often vague and unachievable but goals that have a specific deadline, are broken down into smaller goals and are specific and with a specific purpose will be a lot easier to accomplish.

Muharram (day of Aashurah) - Islam/Muslim

18 January
World Religion Day - Baha'l Faith

23 February
Maha Shivaratri - Hindu

25 February
Ash Wednesday - Christian

Awareness Months

January: Sun Safe Awareness

National Oral Month

February: Reproduction Health Month

Religious days and awareness months are just some of the information that you can find in our Carpe Diem diaries . - Please order 2010 diaries by August 2009.



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Men's Field Golf Shirt

click below
Carpe Diem diaries

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Website: www.belleregalo.co.za

Tel: 0860 BELLER

Fax: 086 612 6112

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