



GIVING **BACK** INFORMATION

Have you planned your New Year Resolutions?

The new year is a great time to re-invent ourselves and change some of those bad habits we have become accustomed to the previous year. It is also a great time to reflect on our accomplishments and re-evaluate some of our mistakes and misfortunes. **We can learn a lot by taking a step back and re-evaluating major events of the year.** After all, if you never take the time to analyze your experiences, how can you ever learn and grow from them.

Each year most of us plan for change and often have difficulty sticking to the plans we have set.

Is this because we do not have good intentions or follow through? No, it's not.

We have excellent intentions to make what can often be described as drastic lifestyle changes without proper planning.

Our biggest mistakes are that we generally do not take the necessary time to evaluate and plan our resolutions accordingly. As a result, we often set unrealistic goals.

First, let's look at how a good self-evaluation should be done and examine what we should evaluate.

Before making random resolutions, we should really put effort and time into thinking about **which areas of our lives we want to improve. Also,**

we should think about which behaviors are not conducive to us meeting our goals.

Setting aside a few days (2-3 days) to take time to reflect on your goals is good. **Writing your goals down as you go through this process is critical.** During this stage, it is not extremely important to make them neat and orderly. Try to keep your list of goals to six or less so not to overwhelm you.

Some examples of your goals may be spiritual, family, physical, emotional, professional, financial, etc.. To name a few. Writing a goal for each would be a challenge in itself. Your goals should be specific and measurable. I.e) I will maintain my chiropractic treatment plan as scheduled every month in order to have my body perform optimally and decrease the chance of "dis-ease". Just writing them down is good enough. You will have time to put them in order once you have gone through the entire planning process.

Also, getting an honest opinion from a trusted family member and/or friend could be beneficial as well. This process is used to gather candid information about our habits and behaviors. It should also be used as a tool to hold us accountable to our resolutions.

NEW YEAR RESOLUTION

- *Take time to reflect*
- *Set maximum of 6 goals to focus*
- *Seek candid Friends/family*
- *Write Goals down*
- *Implement*
- *Re-evaluate 4x year*

INSIDE THIS ISSUE:

NEW YEAR RESOLUTION	1, 2
---------------------	------

GUESS THE WORD	3
----------------	---

NEW OFFICE HOURS	3
------------------	---

YOUR IQ SCORE	4
---------------	---

Q & A	4
-------	---



CALL! Get Your Free Report!

24 Hr. Toll free recorded hotline

Headache:

800-968-4867



Low-back pain:

888-730-2239



Auto Accidents:

888-874-2870



Have you planned your New Year Resolutions?

(Continued from page 1)

Often, we have certain behaviors that hinder us from reaching our fullest potential. Our loved ones are usually aware of our shortcomings. Listen and do not become defensive to get an honest opinion. Don't shoot the messenger!— you want candid feedback so you can make the necessary adjustments. Everyone can stand to improve in some form or fashion. In order to make positive changes it may be a little uncomfortable. But, just think how proud you will be once you meet your goals.

Once you have these tasks complete, you will have most of the groundwork done. Now, it is time to review your list of goals and plan on which new behaviors will help you reach your goals.

Re-writing your goals neatly and setting objectives is crucial. Your objectives should be written beneath your goals and they

serve as a tool to measure how and when you will attain your goals. Basically, these are the steps needed for you to achieve your goal.

I am sure you noticed how many times I used the word BEHAVIOR. Behavior that is repeated becomes habit. Habits that are repeated consistently become our values and determine who we are.

Remember, the main reason we set resolutions is because we want to develop productive habits that change who we are and our outcome(s) in life. Be sure to re-visit your resolutions at least every quarter to monitor your progress.

Is this your New Year Resolution?

Losing weight is probably at the top of the list for most people. The beginning of the year can be a great time to begin. You will definitely have a long enough period of time to measure your results. Twelve (12) months is definitely adequate.

Joining a gym such as Bally's or Curves is great! They generally have big savings during the beginning of the year. Their staff of trained professionals and excellent facilities can definitely provide you with the necessary tools to be on your way to losing those extra pounds. However, if you are in pain it is not advisable that you engage in exercise before being properly evaluated— This is when a Chiropractic examination is necessary.

Also, you can make daily steps to help lose those pounds. Instead of taking the elevator to my office for your adjustments you can take the steps. You can increase your speed when you perform your house chores. Even parking further away from the entrance of the store can make a difference. These are all action steps.

Hey, who said we had to follow traditional methods to get the job done. The key here is that we have set a goal and need action steps to insure that they are met.

Notice:

Office Hours Change January 30, 06

Thanks to many of you who have completed the random survey recently, we have gathered a lot of valuable information. Our office hours have been changed to accommodate your schedules. I am sure you will find these hours accommodating. There are morning hours for our early birds and afternoon and evening hours for our owls.

MONDAY: 10am-1pm, 3-7pm

TUESDAY: 9am-1pm

WEDNESDAY: 10am-1pm, 3-7pm

THURSDAY: 3pm-7pm

****Health Class 7:15pm-8:00pm****

FRIDAY: 9am-1pm

Guess the word

The following words have been spelled WRONG. These words all relate to healthcare. Some may be very familiar to you and others may not. Those that are unfamiliar may have been used during your office visit(s). Hint: Chiropractic terms.

The words are scrambled so put them together by align-
ing them properly.

1) **LOGAS**

HINT: WE ALL SHOULD HAVE THEM WRITTEN

2) **GEIWHT**

HINT: MOST PEOPLE WANT TO LOSE THIS

3) **WEN EARY**

HINT: 2006

4) **HEABIORV**

HINT: MOST EMPHAZIED WORD ON PG.2

5) **TIOACN**

HINT: MUST BE DONE TO REACH GOALS

6) **HLEATH**

HINT: THE WHOLE THEME TO THIS NEWSLETTER

7) **WOREP**

HINT: WHAT YOU WILL HAVE WHEN YOU COMPLETE YOUR GOALS

SIMS CHIROPRACTIC
CENTER

Phone: 301-853-SIMS {7467}
Fax: 301-853-7040

WE'RE ON THE WEB!

SIMSCHIROPRACTICCENTER.COM

SHOW WHAT YOU KNOW &
LEARN WHAT YOU DON'T

1. How many days should one set aside to reflect on their new year resolution?
A) 1 day
B) 2-3 days.
C) 3-5 days
2. In order to successfully meet your goals, what must you change?
A) Height
B) Decrease your goals
C) Behavior
- 3) Re-visiting your New Year resolution(s) every day is too much?
A) True
B) False

**GUESS THE WORD AN-
SWERS: SEE PAGE 3**

ANSWERS
1. A
2. B
3. C

1. GOALS
2. WEIGHT
3. NEW-YEAR
4. BEHAVIOR
5. ACTION
6. HEALTH
7. POWER

Do you know of someone you think could benefit from this type of information?

Complete form and Fax to: (301) 853-7040

Your Name: _____

Please send Newsletter to:

Name: _____

Address: _____

STATE _____ ZIP _____