

# NEWSLETTER

## 1/01/18

ISSUE:5



## NEW YEARS RESOLUTION

We would like to give some tips on not only New Years resolution idea and tips to keep going.

FINISH READING ON PG. 2



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## DAKOTA FARM SHOW

January 3<sup>rd</sup> to 5<sup>th</sup> you will find us at the Dakota Farm show.

FINISH READING ON PG.3

## JANUARY IS NATIONAL BLOOD DONOR MONTH

Donating blood can benefit people in need at the most dire times in their lives. We encourage you all to find your local blood bank.



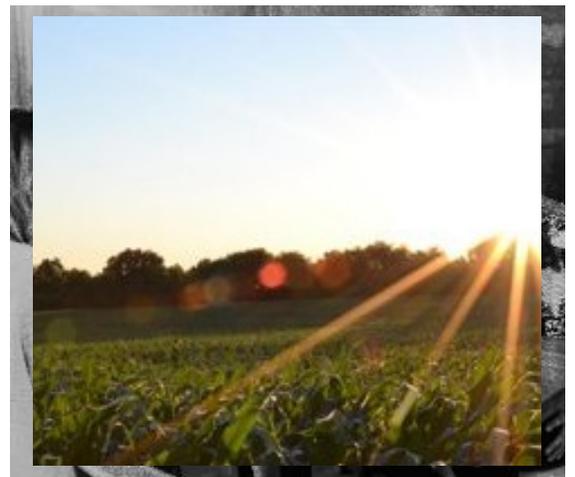
# NEW YEARS

## Resolution

With New Year coming in many people want to make changes in their life and use the beginning of the year as motivation. With that, there are many things that one can do for their New Years resolution. The most common is trying to live a healthier lifestyle. While many find simple things to change. Like making their bed everyday. You can also take advantage to break any bad habits. Some people just resolve to spend more time with their family.

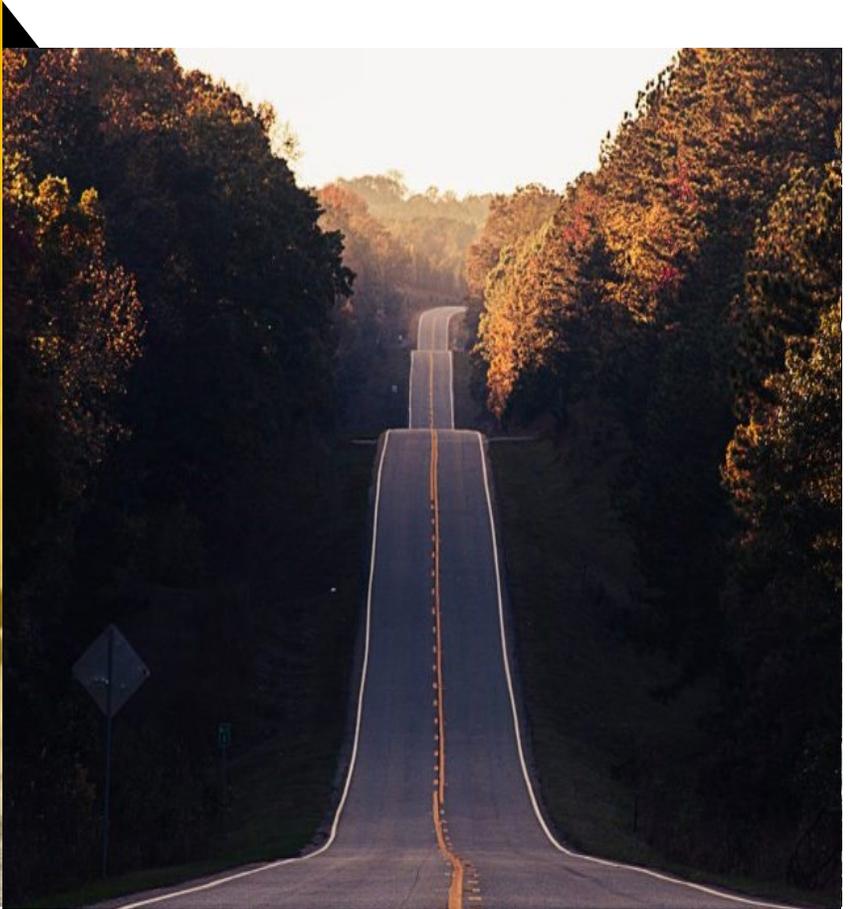
Whatever it may be, the way to form a habit is to be consistent for 21 days. To successfully create a new habit is actually 66 days. In that case all you have to do is last 66 days and your new years resolution may last until the next year.

We wish good luck to everyone trying to make changes to their daily lives.





“The beginning is always today.” —  
Mary Wollstonecraft  
Shelley



# Dakota Farm Show

Jan 3<sup>rd</sup> – Jan 5<sup>th</sup>

The Dakota Farm show is days away and we want to let everyone know we will be there to answer any questions you may ask.

Find us at booth 321.

As a reminder we would like to encourage you to find us on Facebook <https://www.facebook.com/WhiskeyCreekIns/>

Whiskey Creek Insurance Family:

Michelle Kliver

Chris McCormick

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Tiffany Becerra

Eric Blatchford

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