

THE SONRISE NEWSLETTER

January 2017

Exclusively for clients of Sonrise Carpet Care & Sonrise Services

This Year You CAN Keep Your Resolutions! Here Is How...

The New Year ushers in that desire to start fresh, to make resolutions and to stick to them. According to many sources, the top resolutions that people make are: *losing weight, eating healthier, getting fit, quitting smoking, spending more time with the family, going back to school, getting a better job, saving more money, volunteering, and traveling.* These are all great goals! Check out these tips...

1. Keep it real. Have you ever heard this expression? "*The easiest way to eat an elephant is one bite at a time.*" So, whatever you're tackling this year, take it slow, chunk it down. For example, instead of saying I'm going to lose X amount of weight by such and such date, resolve to eat healthier, have portion control, and move your body for 30 minutes a day.

2. Write it down. Some people say, "*a goal not written down is just a wish.*" So put it in writing. Hang your words up where you can see them and be moved by them everyday. Who cares if there are sticky notes all over the bathroom mirror as long as you're keeping yourself motivated.

3. Architect your journey. Do more than write the end goal, spell out the path to getting there. How are you going to get from point A to point B? Create a tangible map for this journey.

4. Find your cheerleaders. Get the support of the people in your life that care about you and want to see you reach this goal. Enroll their support by telling them about your plans, you can do this both offline and through social media online.

5. There is probably an App for that. You've got the world at your fingertips and whether you are losing weight, quitting smoking, going to school, or saving money there is probably an App for that.

6. Keep track. There is no growth without measurement, so measure! Create a visual system that will help you to chart your progress and keep you on track towards your goals.

7. Press on. It's not over til it's over. If there are roadblocks, and there will be, you'll need to figure out a way around them. Don't let anything keep you from your goals this year.

Keeping your resolutions can help you to feel happier and more fulfilled.

Inside This Issue

You CAN Keep Your New Year' Resolutions... *Easy ways to make those goals in 2017*

Healthy Talk... *4 Great Websites to Help You Get Healthier in 2017*

Is going back to school in 2017 right for you?

Healthy ways to keep out unwanted pests this winter!

January Sonrise Carpet Care Special...

...and more



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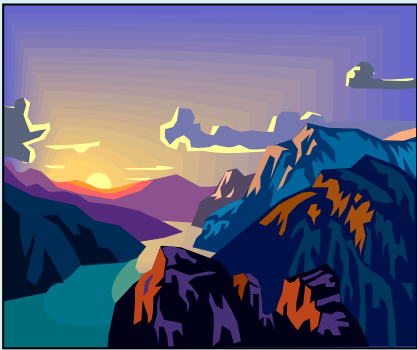
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Get Inspired

"Write it on your heart that every day is the best day of the year."

– *Ralph Waldo Emerson, mid 19th century American Poet and Writer and Author of The Snow Storm.*



Quotes For January...

"And now we welcome the new year. Full of things that have never been." – *Rainer Maria Rilke, 19th Century German poet.*

"Every time you tear a leaf off a calendar, you present a new place for new ideas and progress." – *Charles Kettering, 19th century American inventor.*

"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals." – *Melody Beattie, contemporary American writer.*

Find some of these and more quotes at www.brainyquote.com

Healthy Talk



4 Websites That Will Help You Eat Great

If eating a healthier, fresher, whole foods diet is on your list in 2017 then look no further than the device in the palm of your hand. Check out these gorgeous photographs of delicious food, and easy recipes that will please the pickiest of pallets.

www.OhSheGlows.com

Who doesn't want to glow with health and vitality? Angela Lid-don will lead the way with tasty vegan recipes that will make the most devout carnivore want to sample this healthy and delicious fare.

www.MarksDailyApple.com

This website is packed full of information and recipes for healthy "primal" living. Rooted in paleo philosophy, you'll find all kinds of recipes and advice for this lifestyle.

www.OhMyVeggies.com

A gorgeous vegetarian based website with advice on all kinds of healthy, veggie cooking ideas. Even tutorials on how to make a pie crust with coconut oil, or four ways to make Brussels sprouts irresistible. How can you go wrong?

www.IQuitSugar.com

This gorgeous website touts the health benefits of a balanced, whole foods based diet, sans the sugar. The recipes are tasty and founder, Sarah Wilson, has created a bit of a cult following for her sugar-free, healthy lifestyle. The articles and recipes on this site will not disappoint.

Disclaimer: These are just suggestions, I'm not a doctor or health specialist.

Is 2017 is Calling You Back To School?

One of the top New Year's resolutions is to go back to school and get a better job. A noble goal indeed. But, there are many factors involved that some people forget to consider when making the time and financial investment in going back to school.

1. **What's the ROI (Return On Investment) of your degree?** This is something everyone should ask themselves, whether an adult returning to school or a teen headed off to college for the first time. How wise it is to spend \$100K+ on a degree that will get you a \$35K per year job? Not a great investment, but investing \$20K in an education that will land you a \$60K per year job is something the think about.
2. **How will it affect your family and home life?** Sometimes a person can jump into the idea of going back to school without realizing the affect it will have on the family, sometimes it's worth it and sometimes it's not. One mother of 3 who went to school for 18 months to become a massage therapist put it this way, *"It's incredible going back to school after being a stay at home mom, remembering your aspirations are still there as an individual. But it's also scary. You're paying for it so your grades matter and it's a constant juggling act of balancing your school with your home life and your job as a mom. It's not easy!"*
3. **How will it affect your stress levels and health?** Take a good hard look at the workload, your schedule, and your time commitments outside of school. Also, going into debt can cause stress so never over-borrow and look for grants and scholarships where available.
4. **Are the sacrifices worth the potential rewards?** Many people will take a closer look and still say yes! But for others it may not be the right time. That's okay. When the time is right and the opportunity is right you will know. You will feel it and that's when you know it's time to go for it.

For some great resources on going back to school check out www.CollegeScholarships.org for information about financial aid and grants for adults going back to school. Also, the various online colleges and your local colleges will have lots of guidance in choosing the right degrees or certificates for you.





Sonrise Carpet Care
219 S. Pioneer Blvd Suite B
Springboro OH 45066

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20% Off Upholstery Cleaning

Take 20% off any upholstery cleaning when you have your carpet cleaned by Sonrise Carpet Care in January

Every day your favorite chair and couch is coming into contact with your dirty clothes, your body and your hair. All that stuff in your hair, whether natural oils or synthetic substances such as hair spray, etc. stick to the fibers of the upholstery.

Not only does your upholstery get dirty from contact with your body, it also collects the food you drop on it, both liquid and solid. Clean carpet and clean furniture. The perfect January combo.

Take advantage our special January offer today.

Call 937.550.4049

Offer Expires 1/31/2017

Get FREE CASH or FREE CLEANING with REFERRAL REWARDS!

For each new customer that you send us, we'll reward you with a 10% referral bonus! Exchange it for **FREE CASH** or **FREE CLEANING**. Simply refer your friends, neighbors, or co-workers, and we will reward you automatically. Remember that we offer a 100% money back guarantee, so you can be sure that we will take the absolute best care of your valuable referrals!