Healthy Home News

“Secrets For Living A Healthy, Wealthy & Happy Life…”

7 Steps to Keeping Your New Year’s Resolutions!

It’s a New Year and for many people that means a fresh perspective and some new resolutions or goals. 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, spending more time with the family, saving more money, volunteering, and traveling… all great goals! Now here are 7 tips for keeping your New Year’s resolutions this year…

1. **Be realistic.** Maybe you can’t achieve all of your goals at one time. Have you ever heard this? “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. **Put it in writing.** 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, you’re keeping yourself motivated here.

3. **Make a plan.** Do more than write the end goal, architect your journey. How are you going to get from point A to point B? Create a tangible map for this journey.

4. **Enroll people.** Get the support of the people in your life who 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. **Find Resources to support you.** 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. **Chart your progress.** 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. **Don’t give up.** It’s not over til it’s over. If there are roadblocks, and there will be, you just 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. Be tenacious and stick to your plans. Then next year, you can look back with a sense of accomplishment.

Get Free Cleaning Tips and Specials at our Website www.JensensCarpetCare.com!

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Featured Local Event
The Einstein Science Expo
When: January 10th, 2015
If Packers home playoff game Expo will be Sunday, January 11
Time: 9:00am – 4:00pm
Where: Shopko Hall
The Einstein Project provides affordable and engaging science materials and teacher training to advance science knowledge, skill and an enthusiasm for learning.

Healthy Talk
4 Blogs That Will Make Sticking To A Healthy Diet Easy And Fun In 2015
If eating a healthier, fresher, whole foods diet is on your list in 2015 then there is no better resource than a beautifully written blog with gorgeous photographs of delicious food, and easy recipes that will please the pickiest of pallets. Here are 4 blogs to check out this year….

www.ACoupleCooks.com
This lovely blog was created by a stunning couple, named Sonja and Alex, and their work is going to suck you in from the moment you land on their home page. Their food photography is tantalizing, and who could resist the title of their book “Gluten Free Artisan Bread In 5 Minutes A Day”?

www.SproutedKitchen.com
Another gorgeous blog created by a married couple, Sara and Hugh Forte. The glimpse into their whole foods kitchen and culinary life will make you want to create a gorgeous eating space in your back yard, fill your table with food from their mouth watering recipes, and invite all your friends over to share in it.

www.101Cookbooks.com
This beautiful blog created by Heidi Swanson is a little unique in that you can browse for recipes by season and/or ingredient. Which is pretty darn cool. Plus, the blog is wonderfully arranged and her photographs are stunning.

www.GreenKitchenStories.com
I’ve highlighted this blog a couple of times in this newsletter, but it’s a favorite so it makes the list. David Frenkiel and Luise Vindahl have created such a gorgeous online space and their recipes are amazing. Plus, they have the most adorable family so who can resist exploring their blog and cookbooks?

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

Outstanding Client Of The Month!
Holly Hebel
Owner of
White Dog Black Cat Café
You are a truly outstanding person! We appreciate your repeat business and referrals. We also love the delectable cuisine and your brilliant art work at the White Dog Black Cat Café

See Insert This Issue...

January is my slowest month so I’m holding a “sale”…if you are a bargain hunter this is for you! (See Insert)

Quotes For January
“Always bear in mind that your own resolution to succeed is more important than any other.” – Abraham Lincoln, the 16th president of the United States

“We know what we are, but know not what we may be.” - William Shakespeare, poet, playwright, and actor.

“You are never too old to set another goal or to dream a new dream.” – C.S. Lewis, novelist and poet

Read more at www.brainyquote.com

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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 is it 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.

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**The Idea Corner**

**Feel Happier In 2015 By Giving!**

If volunteering is on your list of resolutions this year then good for you! They say the happiest people are “givers” and you can even tackle two resolutions at one time by committing to volunteer with your family. Then you are helping others while you spend time with your loved ones. Everybody wins. There are lots of ways to volunteer, you can contact your local Habitat for Humanity branch, your local homeless shelters, and your local senior centers and hospitals. These are all worthy services that rely on the support of volunteers. If you can’t volunteer your time then find ways to volunteer your resources, you can knit blankets for the homeless, the elderly or the sick, you can bring meals to those in need, or support online funding campaigns that help people pay for their medical and/or funeral expenses. Whatever you choose you can’t go wrong when you help people!

For more ideas check out these websites:

- [www.AllForGood.org](http://www.AllForGood.org)
- [www.GoFundMe.com](http://www.GoFundMe.com)

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**Thank You For The Referrals!**

A special thanks to all these fine folks who referred me......

Kathy Gilinski, Brian Goerl, Vicky LeRoy, Nancy Kuehn, Jody Klauhaus, Barb Machon
W/Olejniczak Realty, Bruce W/ IMS, Macco’s Floor Covering Center, Ben w/Classic Carpet Cleaning, Home Interiors, Jeremy @ Mold Remediation Services, and Kathy @ Dirt Busters.

**Thank you for even more positive comments from...**


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**Thanks for All the Kind Words!**

Kari Blaser said the cleaning was “Fantastic! Just awesome – even my husband noticed and commented on how awesome it looked.”

Wanda Hansen said “I can’t even tell you how wonderful the Techs were – they even put our stuff on peg board & in drawers (after water situation in lower level). We’re so pleased with how everything was handled. You made a tragic situation, bearable.”

Anonymous said that the cleaning “went very well – your technician did an excellent job. I have nothing but good things to say about the work and the technician. He was very, very courteous. I’d give him an A+. We will certainly have you back again.”

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This month’s Mega Trivia Question:

Who was the 16th president of the United States?

A) George Washington  B) Thomas Jefferson  
C) Abraham Lincoln  D) James Buchanan

Hint: You’ll find the answer in the newsletter.
Stop Here For Astonishing Savings…
It’s our “Slow Season” So We’ve Slashed Prices
Just To Keep Busy –
If You Are An “Off Season” Bargain Hunter…This One Is For You!

Hello Friend! Have you ever used discounted websites like Hotwire.com® or Expedia.com®? If so, then this is your month to clean your carpets!

The way those websites work is they sell their hotel rooms, car rentals, and/or flights at deep discounts because a discounted sale is better than no sale at all. And frankly, in January, for a carpet cleaner like us, a filled schedule is better than no schedule at all. So when it comes to carpet cleaning at a discount…

Nothing Comes Close To Cleaning In January!

So, if you are longing for fluffy, clean, healthy carpet; if you want carpet that shines and has NO spots. And, if you want it all at a bargain price. Call us this month and…

Discover These 4 Benefits Of Cleaning “Off Season”…

Benefit #1: You get our premium service including our exclusive 5 step cleaning system…at a HUGE discount!

Benefit #2: Your home will be treated with respect and we promise to take extra measures to keep the cold out and the heat in.

Benefit #3: You can have your pick of our schedule as we are usually just trying to keep busy this time of year.

Benefit #4: Did we mention you get all this at a HUGE discount?

If you are a bargain hunter, it doesn’t get any better than this. It pains us to slash our prices this much, but we have to do what we have to do to keep things afloat during January. So instead of reminding you that your carpets need to be cleaned every 6-12 months to maintain their health and beauty, in lieu of educating you that your carpets don’t need to look dirty to need a professional cleaning, rather than letting you know that your carpet is a giant filter that holds onto dust mites, allergens, dirt, pollutants and the like…instead of all that I will just say….

Clean In January and Save a Lot of Money on Premium Carpet Cleaning!

Hurry! These Discounts End January 31, 2015

Take Advantage Of “Off Season” Discounts:
Save 20% Off your carpet cleaning
Save 33% Off your carpet protection!

Contact Jensen’s Carpet Care & Restoration
by phone at 920-393-4062
or e-mail info@jensenscarpetcare.com

Check us out on the web at www.jensenscarpetcare.com

*Not valid with other offers. Minimum charge applies.