

NORTH WEST



NEIGHBORHOOD

WINTER 2018 Newsletter

A S S O C I A T I O N

Meet Your Neighbors

NWNA Quarterly Meeting
Thursday, January 25, 7 pm
Ben Franklin School

NWNA Coffee Talk
Saturday, Feb 3, 9:30 am
Latte Da Coffeehouse

NWNA Coffee Talk
Saturday, March 3, 9:30 am
Latte Da Coffeehouse

NWNA Coffee Talk
Saturday, April 7, 9:30 am
Latte Da Coffeehouse

NWNA Quarterly Meeting
Thursday, April 26, 7 pm
Ben Franklin School



Follow calendar updates and changes on Facebook and Nextdoor.com.

New Year Resolutions



Most of us try to make new year resolutions. Here's a few of the top resolutions people make and a few secret ways to achieve them.

1. Get in Shape

Losing weight is the top resolution for most Americans. It's easy enough to say you want to lose weight and start on a program, but the trick is to find a decent program and diet that give you steady results and will be easy to stick to in the long run.

2. Stop Procrastinating

The biggest barrier that keeps most people from reaching their goals is the desire to relax and do something fun instead of working hard. Once you get use to procrastinating, it's difficult to snap out of it. Try to set a timer and work on a project for only 15 mins at a time. You will be surprised how much you can get done and it will be easier to get back to doing it again and again if you work at it in smaller chunks.

3. Improve your concentration and mental skills.

People have been trying to find ways to improve their focus and cognitive capacities for thousands of years. Today we can use apps for ancient meditation techniques to boost concentration and hone our mental skills. Set aside time each day to play a memory game on your phone or turn off all the noses around you and reflect on your day.

Start the new year off right. Make a resolution that you can achieve and take time each day to work on it.