

Resolutions are seasonal. Goals are for life!



Each year **only 1 out of 10** people complete their new year's resolutions.

RESOLUTION: a broad statement of intent or desire to change something.

GOAL: a desired result, along with a plan and timeline to achieve it. A written goal focuses effort and sustains you through challenges or setbacks.



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Make This Year Different. Crush Your Goals!

Kaizen is a Japanese business philosophy that encourages making small, continuous changes that will lead to a big impact. Use its principles to reach your own business and personal goals.

The Four Keys of Kaizen



Identify one small, specific area of your life you would like to change.



Take time to examine where your resources might be misdirected.



Focus on making small, incremental steps toward your goal.



Commit to a time each week to review progress, evaluate what's working, and what needs to adjust.

If your goal is to move this year or if someone you know is planning to do so, feel free to contact me with any questions. I'm here to offer clear, concise information you can trust.

SOURCES: 1. psychologytoday.com/us/blog/the-craving-mind/201908/the-science-behind-bad-habits-and-how-to-break-them 2. psychologytoday.com/us/blog/our-better-selves/202401/is-there-a-secret-to-staying-with-new-years-resolutions

TheMcDowellTeam.net Business Directory Spotlight: Roofers - New & Repair



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- *New Roof Installation
- *Roof Inspections & Repairs
- *Roof Cleaning & Treatment
- *Roof Ventilation
- *Skylight Installation
- *Gutter Cleaning & Replacement



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Since 1993, Dr. Roof has been restoring the life of roofs throughout the greater Portland area. Their aim is to make your roof last, and keep the rain out!

- *Shake—Composition—Tile
- *Maintenance Repairs
- *Leak Repairs
- *Roof and Gutter Cleaning
- *No Pressure Washing

For more recommendations check out our "Business Directory" at TheMcDowellTeam.net