

e-Thoughts - Who are you becoming in 2013?

June 2013 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

Believe it or not, 2013 is already half over. June marks the six month point past the hoopla of the holidays — and New Year's resolutions.

It seems like a perfect time to stop and consider: Are you living the life and making the changes you planned six months ago?

- If the answer is yes, nice work!
- If the answer is no, have no fear: You still have six months to go!

Do you remember your New Year's resolutions? Do they still seem important? Are they relevant to where you are in your life now? Do you want to recommit to those resolutions? Or update them?

Remember, there's nothing magical about making resolutions on January 1. Any day in June will work just as well. You can call them "Mid-Year Resolutions." Maybe you'll even start a new trend!