



**A Personal Note from Single Steps Strategies Founder
Mary Grace Musuneggi**

The Fall of the Year... Turning Over a New Leaf

Lose Weight

Stop Smoking

Organize Papers

Start a Business

Do a Financial Plan

New Year's resolutions by nature are made on New Year's Day- the end of the holiday season. We make these major life changing decisions when we are worn out in body and spirit when we lack energy, conviction, time and money. We resolve to do so much at a time when we have no real urge to do anything but rest.

Fall is a much better time to make those resolutions; and map out a strategy to bring them into reality. Like any course we map out, we need to begin with where we are. Take the time to review your current life situation. How is your health? Are you happy with the way you look? How are you emotionally? Are you stressed? Are you spending enough time with your family? Have you put your education on hold? Are you happy in your current career? What does your financial picture look like? What are your assets and liabilities?

Once you know where you are, then you decide where you want to go and how to get there. And a good roadmap is always in writing. So write out what your goals are, and what you need to do to reach those goals. Revisit your written goals often. Strategies become goals and goals become realities when they are written, reviewed and worked on.

And sometimes, we need help to bring our strategies to realities. If you are looking for help this time of year, join Single Steps Strategies and Dr. Christopher Carr on November 17th, while he shares some of the most interesting and IMPORTANT information regarding your health and well-being. Allow Dr. Carr to equip you with the knowledge you need to get well, stay well and feel great, starting today and continuing for the rest of your life.

Mary Grace Musuneggi

A handwritten signature in black ink, appearing to read 'M. Musuneggi', written in a cursive style.

Founder and Executive Director

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