



# New Habits for a New Year

2022 is here with a fresh new start for each of us! I love the possibilities of a new year of life and the motivation it inspires. It is the perfect time to start healthy habits or just treat yourself a little better this year! Start with planning out the goals you have for the year and decide what you need to achieve them.

Write those goals out and how you plan to meet them in a journal! I love to keep one in my bedside table drawer for a brain dump before bed. This also helps with anxiety since I am able to get all my thoughts out so I can drift peacefully off into sleep! I also add my prayer requests in it as well to keep track of them.

Journal \$24 available at Dreidel



Restore balance with hormone treatments. Hormones control everything about our bodies and health. When they're off we don't feel our best and perform like we should!

Schedule a consultation and blood draw for bioTE® available at Eternal Beauty, Healthcare Express Dermatology & Age Management and Renew Integrated Medical Spa

Being on time is not my forte, but I'm vowing to try to do better this year! A beautiful watch would certainly help me stay on schedule. I love this watch band from Lagos since it attaches to the Apple watch. It gives it a more elegant and timeless look!

Watch Band \$595 available at Crocker's (watch not included)



A good night's rest is truly invaluable! You'll spend approximately 26 years of your life sleeping so do yourself a favor and make it comfortable. This Sealy Hybrid Premium mattress will keep you cool and sleeping soundly with combined innersprings and memory foam!

Mattress \$2,699 available at Lafferty's



Start your week on the right foot with an encouraging Word! Visit any of our 250 congregations within the area. Fellowship with other believers and prayerfully prepare for life each Sunday!

Are you fully prepared for retirement? It's not a fun topic but it's one that deserves attention. Make sure you're saving and investing in your future! Meet with a financial advisor to discuss which type of account best meets your needs.

