

## Your Free Monthly Shred News! January 2017



### Your Monthly News & Updates

As the leader in information management and destruction, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

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### 2017 New Year Special!

Start 2017 out with a clean out purge!

20% off of 35 box or more purge.  
Call **270.793.0880** to schedule your purge today!



**Did you know we now have a drop-off location in the Bowling Green, KY area?**

[Click Here For Additional Information About Our Drop Off Location](#)

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### 3 Things Incredible Successful People Do Daily

In his new book, Timothy Ferriss, best selling author of 4 Hour Work Week interviewed 200 top world class performers. He found these 3 things you can implement to up your game in 2017.



#### 1. Mediation

More than 80% of those Ferriss interviewed have a mediation ritual. Mediation is like exercise for your brain. Ferriss says "mediation sets you up for success

because by practicing focus when it doesn't matter, you can better focus when it matters." Start with apps such as Headspace and Calm.

## 2. Morning Routine

Ferriss says "the first 60-to-90 minutes of the day handicap the next 12 hours." Experts say all successful people have a morning routine. Research out of Wharton and Ohio State show your mood in the morning effect your productivity all day long. The most popular routines Ferriss found were morning mediation, exercise and journaling

## 3. Focus on Strengths

We all have weaknesses. Top performers just have the habit of focusing on their strengths. They establish habits centered around their strengths.

A great goal for 2017 is to create a daily habit of taking 10 minutes to meditate, plan out a morning routine and spend 15 minutes working on a signature strength.

Source: Success Magazine

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## Simple Ways to Winterize Your Home

Save money and remain cozy throughout winter by acting now before the bitter cold arrives.

1. Change Furnace Filters
2. Run Fans in Reverse
3. Winterize Your A/C and Water Lines
4. Turn Down Your Water Heater
5. Dodge the Draft(s)
6. Install Storm Doors and Windows
7. Give Your Heating System a Tune-Up
8. Mind That Thermostat
9. Put Up Some Plastic
10. Insulate Your Pipes



[Click here to view a full list of Winterizing Tips](#)

Source: Popular Mechanics

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## LAND SHARK SHREDDING

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