

# 2017

NEW YEAR

## ACCELERATE YOUR EXPECTATIONS!

August 2017

### *Embrace Wisdom...*

Ecclesiastes 7:8-12 (NIV)

<sup>8</sup> The end of a matter is better than its beginning, and patience is better than pride.

<sup>9</sup> Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

<sup>10</sup> Do not say, "Why were the old days better than these?" For it is not wise to ask such questions.

<sup>11</sup> Wisdom, like an inheritance, is a good thing and benefits those who see the sun.

<sup>12</sup> Wisdom is a shelter as money is a shelter, but the advantage of knowledge is this: Wisdom preserves those who have it.



*Submitted by Dr. Theresa Scott*

**BELIEVE** Let's think for a brief moment about faith and believing. You've heard all the scriptures and revelations on faith. You've also heard about the levels of faith from little faith to great faith. You also understand Christians are people of faith. The scripture we gravitate to the most is "*the just shall live by faith.*" Faith is a strong confidence in someone or something to do what is said. God has proven Himself faithful to all of us. The question now is do we believe Him? Are we fully convinced He will do what He said? I read a quote that said "*we believe what we tell ourselves.*" What are you telling yourself? Begin to tell yourself the Word of God. Remind yourself of the times God brought you through dire situations in your life. If your faith has become weak, it's time for you to renew

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your mind with what God has already said. He cannot lie.

# Health & Wellness

Listen up!  
August not only marks back to school time but also National Immunization



Awareness Month (NIAM). The timing of these two events is no coincidence. Schools are the [prime venue for transmitting vaccine-preventable diseases](#).

While vaccinations might seem like one more thing you need to add to your lengthy to-do list, be sure to put them at the top: up to date vaccinations are your best defense in preventing harmful diseases from affecting you and your family.

### [Did You Know:](#)

- *Vaccines are among the safest and most cost-effective ways to prevent disease.*
- *Vaccines can protect infants from 14 serious diseases before they turn 2 years old.*
- *Diseases are only a plane ride away.*
- *Some vaccines prevent cancer.*

- *Schools are a prime venue for transmitting vaccine-preventable diseases.*
- *Vaccines aren't just for kid – Every year, thousands of adults in the U.S. suffer serious health problems that could be prevented with vaccines.*
- *Most health insurance plans cover the cost of recommended vaccines.*

Source: National Public Health Information Coalition

The good news? August is National Immunization Awareness month – the ideal time to make sure your vaccinations are current. Pin down a time for you and your family to get immunized and ensure year-round health!

Remember: everyone needs vaccines. Be sure to check out the recommended immunization schedules for [infants and children](#), [preteens & teens](#) and [adults](#).



### **Money-Saving Tips for Back 2 School Shopping**

**Make a list and stick to a budget** No matter what sales or shopping holidays pop up, it's always a good idea to start with a budget and a shopping list. Don't forget to check last year's inventory and compare what you need versus what you already have before you hit the stores or websites. Items like backpacks and binders might be in good enough shape to use again.

**Online Shopping** Now is the time to take advantage of online sales and start checking items off your list. Lal says the best Back-to-School items to buy early are those that you need specific models or brand names, such as scientific

calculators or other technology. Don't risk stores running out before you can buy.

There are a lot of perks to shopping for school supplies online. It's easier to avoid temptation this way, where kids won't drag you into stores and go after the high-priced featured items covered in characters from this year's most popular movie.

Shopping online is also the easiest way to find the best deal. You can compare prices with only a few clicks, and search for coupon codes on your favorite savings website. Sites like [BeFrugal](#) offer cash back when you shop online – it only takes a few seconds to click through and earn back a percentage of your purchase. You can even combine these rewards with the savings you get from coupon codes and sales. Be sure to look for free shipping codes or opt to pick up your order in-store for free.

**August and September** If you can wait until the end of summer, that's when the prices of generic items such as pens, pencils, and notebooks will drop significantly. September is also the best time to find good prices on fall clothing. Wait until August and September to find the lowest prices on laptop computers, as well.

Don't forget to check and see if and when your state has a [tax-free shopping weekend](#) for additional savings.



### 7 Tips to Keep Your Business Relevant for Today

The name of today's business game is flexibility. Stay with

anything too long and you will be seen as old-fashioned. This is not an age thing; it has to do with mindset.

When what you have to offer becomes stale, you need to adapt and adopt. Ideas are out there for you to grab and to iterate and iterate and iterate.

Here are 7 questions that you should refer to at least once a month to stay in the forefront of business.

- What need does it fulfill? Will it make people healthier, wealthier or wiser? People want something that will enhance their lives and the lives of their family members. Remember, we still have the tribe mentality at our core and we do want to defend and protect those close to us.
- How useful is it? This is not about price, as much as what it can do to create happiness or ease the loneliness or sadness we all experience at times. Think about toys aptly named "shut up toys." They are the ones that are under \$2 and when a child is excessively annoying saying, "I want, I want" just about any parent will say "Fine, get it." Just to shut them up. Very useful!
- How easy is it to learn? How quickly can people figure out what to do with your product or service? I learned this one the hard way. I was told that people respond well to lists. I thought this was too simple. It was only after I finally agreed to simplify my ideas that they began to catch on. How easy is it to remember? Once you offer it to people can they figure it out again and again, or do they always have to call for support? If so, sooner or later someone else will make it easy to remember and your product will be left in the dust.
- Does it consider the environment? Today, you better make sure what you have to offer is "green." More

