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New Year's Resolutions-How to Keep Them

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**Happy
New Year!**



In 2009 I Resolve To:

- Set goals so that I can grow and expand my life
- Keep my home in great shape to prevent damage and decay.
- Call **American Joe** when I cannot do a specific job or when I don't have time to do it.



**Does your
chimney crown
look like this?**

**American Joe can
help you.**

Why do so many quit their New Year's Resolutions by February? I have taught classes for several years and have found some of the following reasons why people give up when setting goals:

Why Resolutions Fail:

1. You fail to write goals down.

Writing them down brings commitment and focus to the goals. Details help you to see it more clearly.

2. Lack of accountability.

Getting someone to help you to be accountable keeps you on track.

3. You don't have time to devote to it properly.

Find things that you can eliminate like watching too much TV, reading too much of the negative news, etc.

4. You are not motivated.

If your reason "why" you want this goal is not big enough, you will not follow through.

5. Failure to plan.

Too many hastily decide to a resolution without giving it proper thought on "how" you are going to accomplish it.

6. The goal isn't big enough.

If you are going to get passionate about something make it worth your time. Most goals can be accomplished. So stop thinking so small.

7. Forgetting about them.

That's why you write them down, so that you can look at them daily to keep your focus where it should be.

8. You can't figure out "how" to accomplish the goal(s).

Asking a specialist in that field is the best advice. I hired a "life coach" 5 years ago. My income has quadrupled, I get along better with others and I don't work any harder.



9. Habits are hard to change.

You may be setting a goal for a "symptom" rather than an underlying "cause". Ask yourself a series of "why" questions to see if you can get to the real root of the problem. "Why do I want this goal?" "Because..." Ask "why" to each answer until you are satisfied you have found the "cause".

10. Failure to re-evaluate and adjust as needed.

Over time, you may have more insight into the direction you should take. Make adjustments as needed.

Did You Know? (Home Prices are UP!)

By Joseph Prescia

According to Zillow.Com homes prices are up 2% in Pueblo for the 3rd quarter of 2008 compared to a year ago. While most of the country is hurting for equity, Pueblo home owners are enjoying an increase in value. Sound too good to be true?

If you need a second opinion, Eppraisal.Com had Pueblo home prices in October 2008 at 7.4% higher than the previous 6 months.

We can go on believing that the sky is falling or we can educate ourselves to what is really happening.

