

How To Set Achievable, Exciting Goals

In his book *Personal Best*, coaching expert David Rock says that if you want to achieve your best performance, the first step is to set a goal worth achieving. If you can master setting "goals worth going for," Rock says, you will alter the course of your future.

Rock says that to set a life-changing goal, you'll want to choose something that truly challenges you, something you're not sure you can actually do. This will encourage you to stretch. Choosing something that is achievable in 90 days will keep you from setting a goal that is too big. This will prevent you from becoming overwhelmed and keep you motivated. And when setting your goal, Rock says that you need to keep it "short and snappy" because you will be repeating your goal over and over to yourself. Don't write out a long statement. In fact, Rock says keeping it to about five words will be just about right.



Congratulations To The Winners

We the staff at SPARKS along with CARQUEST and NAPA stores would like to sincerely thank the attendees of our Ladies Car Care Clinic. We believe that the best customers are the ones who are most informed. Therefore, we've vowed to educate our clients to the best of our ability so that their car care experience is enjoyable. We appreciate you taking the time to attend the clinic and learn a bit about the second most expensive asset beside your home.

Congratulations to:

Michelle Sullivan for winning the Grand Prize –
The Car Remote Starter

Manju Rupani for the Second Prize –
\$200 Gift Certificate

Jessica Osborne for Third Prize –
DVD Player and \$50 Gift Certificate

Scientists Trying To Link Refrigerators And Cell Phones

What will refrigerators of the future be like? According to mental-floss magazine, scientists are already working on fridges that will help their owners know what to pick up from the store. And just how will the intelligent refrigerators of the future accomplish this? Researchers are looking into installing cameras inside that photo-graph the contents and then send the photos to your cell phone. Eventually inventors are hoping to create smart refrigerators that can make their own lists by comparing what you usually keep in the fridge to what is currently in it, letting you know when you've run out of a regularly stocked item.



TESTIMONIAL

Dear Bob,

Madonna and I want to thank you very much for the wonderful service you provide in caring for our cars. We have had both cars into your shop for various problems and services, and you always give excellent, informed service. You tell us what is wrong, how long it will take to fix it, and exactly what will cost. And you and your people take the time to explain the problems and the proper way to fix it each time. That is one of the most valuable services you provide.

We thank you again, and will tell all of our friends about SPARKS Car Care.

Sincerely,

Madonna and Mike Dolan
Lifetime Wellness Int. Inc.

The material contained in this newsletter is for informational purposes only and is based upon sources believed to be reliable authoritative; however, it has not been independently verified by us. This newsletter should not be construed as offering professional advice. For guidance on any specific matter please consult a qualified professional.

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