

TPWA NEWSLETTER

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Resolutions from our team
members at TPWA

NO. 1

Start with one room in your house and begin to declutter that room. Gather everything into categories of keep, donate/sell, and trash.

NO. 2

Create a vision board for the new year. Whether you're into resolutions or not, setting goals for the year and placing them in an area that you will look at often can have a huge impact on your life. Use pictures, quotes, etc. Be creative!

NO. 3

Find a planner that works with your lifestyle and set aside a few minutes each day to review your week. Make a task list and set priority status for each task.

"EVERY YEAR I MAKE A PROMISE TO MYSELF TO NOT MAKE ANY RESOLUTIONS I CANNOT KEEP. THEREFORE, I DON'T MAKE ANY!"

"MY NEW YEAR'S RESOLUTION TYPICALLY FOCUSES ON HEALTH. THIS YEAR, WHILE THAT'S STILL IMPORTANT, MY FOCUS WILL BE ON CREATING MEMORIES WITH THOSE I LOVE"

"DRINKING MORE WATER!"

"READING MORE BOOKS!"

"I WOULD LIKE TO DO ONE RANDOM ACT OF KINDNESS AT LEAST ONCE A WEEK"

WELCOME 2023

Are you a New Year's Resolution extraordinaire or a "just go with the flow" kind of person? Whichever category you fall into, 2023 is now upon us! Whether you make resolutions or not, creating smart habits to increase productivity can lead to a more balanced lifestyle and more time to spend with those you love! What are some of your favorite productivity habits?

3 WAYS TO BECOME MORE PRODUCTIVE IN 2023



The United States Department of Transportation published a great article related to winter weather driving tips. As our temperatures drop, we could very well see multiple days with poor driving conditions caused by ice and snow. The best course of action for this type of situation is to be proactive in preparing for the winter weather. Read the full article at <https://www.nhtsa.gov/winter-driving-tips>.



NHTSA Winter Weather Driving Tips

WINTER WEATHER TIPS & TRICKS TO KEEP YOU SAFE THIS SEASON

TIPS TO AVOID FROZEN PIPES THIS WINTER

FULL ARTICLE AT

[HTTPS://WWW.REDCROSS.ORG/GET-HELP/HOW-TO-PREPARE-FOR-EMERGENCIES/TYPES-OF-EMERGENCIES/WINTER-STORM/FROZEN-PIPES.HTML](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm/frozen-pipes.html)

01

Open kitchen and bathroom doors to allow warm air to circulate around plumbing

03

Keep your thermostat set at the same temperature both day and night

02

Let cold water drip from the faucet served by exposed pipes

04

Keep garage doors closed if there are water supply lines in the garage

