

How to make it past Quitter's Day

Hello Rebecca,

As we ease into 2024, early January is an opportune time to consider the larger impact that changes you make now could have by the end of the year. Even minor adjustments to your saving strategy today can make a big difference over time.

The second Friday of every January is infamously known as "Quitter's Day." It's the day on the calendar by which most people have already abandoned their freshly made resolutions. Truthfully, it's not hard to believe. As we've all experienced at one time or another, it's easy to get discouraged with our goals, especially after the initial enthusiasm starts to fade.

The secret to staying power is breaking down your long-term goals into smaller, more manageable milestones, like the Forbes article below suggests. What can you do today that will improve your situation by Day 365?

These articles offer more helpful info for positive impact. And as always, if you have questions any day of the year, reach out to me. Together, we can create an action plan tailored specifically to you. As the saying goes, winners are not people who never fail, they are people who never quit.

Enjoy!



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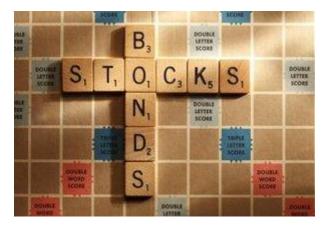
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