

NEW YEAR, NEW YOU!

Lifestyle Business or a Growth Business?

Attention Business Owners! What type of Business have you set up? Lifestyle or Growth?

What type of business do you want? Is your Business driving you or are you driving it experiencing the Life style you want?

No matter which type of business you want or have set up or are running, a Business coach will ensure you and your business are operating at the Lifestyle level or Growth level providing you with: A Business YOU drive vs. IT driving you; A Business that is Profitable even after you take out your salary; A Business that gives you MORE TIME, MORE MONEY and MORE CONTROL; A Business that provides you with Peace of Mind.

The Young Entrepreneur Council (YEC), has come up with 10 reasons to hire a Business Coach no matter what type of Business you have.

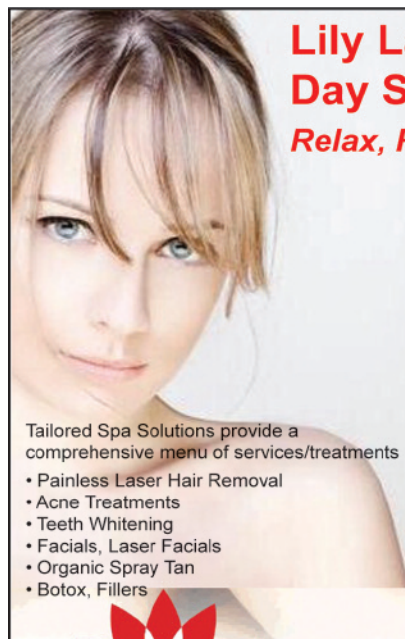
1. You will go outside your comfort zone
2. You will receive personal attention from someone who knows your business inside and out.

3. You will finally have someone who is NOT afraid of correcting you.
4. You will learn how to make your ideas a reality.
5. You will gain a needed confidante.
6. Your networking opportunities will sky rocket.
7. You will make MUCH more MONEY.
8. You will develop self-confidence.
9. You will be held accountable for what really matters.
10. You will hear unbiased opinions.

Is 2019 the year you determine which type of business you want, you have and set in motion proven business principles to make it happen?



For more information contact Mark R. Steinke, Elite Business Coach with THREE clients in the 2018 Philadelphia top 100 fastest growing companies at: Focal Point Business Coaching of Pennsylvania; 1.610.768.7774; email: msteinke@focalpointcoaching.com.



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Healthy living used to be easy. We would eat food from the garden, drink from the water hose, and play until the sun went down. Somewhere along the line, living a healthy lifestyle became complicated...and we are on a mission to take healthy back!

What is the Healthy Living Revolution? We are a massive movement of people on a mission to inspire others to take ownership of their own health journey. We provide resources to support you on your journey, community and events to encourage and educate you, a simple way to flood your body with 45 fruits, vegetables, and

berries every day, and a jump-start program for when you're really ready to shed the unhealthy habits that are not serving you and establish new ones. Contact us and we will glide you on your way to better Health.

For more information, please contact Eric and Rachael Schultz at 484.955.6020, and please visit: <http://rhagueschultz.juiceplus.com> and <http://rhagueschultz.towergarden.com>.

How to Shop Philadelphia Premium Outlets Like a Pro

New Year, New Savings! The deal gurus at **Philadelphia Premium Outlets** are sharing insider tips and tricks to find enormous savings on the sought-after brands shoppers love – including adidas, American Eagle Outfitters, Old Navy Outlet, J.Crew Factory and kate spade new york! Finding deals at Philadelphia Premium Outlets is a year-round favorite for both locals and

travelers who love to shop – so we've compiled some expert tips to save shoppers time, effort and money!

Research

Before heading to the center, make a list of the stores you'd like to visit. Familiarize yourself with retail prices and be on the lookout for the markdwns. Our stores



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have everyday savings of up to 65 percent off, making Philadelphia Premium Outlet the ultimate deal destination!

Become a VIP

The center also offers a free VIP Shopper Club membership with access to extra deals that can be downloaded directly to customers' phones. Members receive exclusive online offers not available to the public. You can get in on the extra savings at some of the world's most desired fashion-forward brands by signing up at premiumoutlets.com/vip.

Timing

Don't forget to check the center's website and social media pages for special seasonal sales all year-long, like the Labor Day Super Sale, July 4th Clearance Sale, Memorial Day Super Sale and more.

Spend these special holidays with friends and family while enjoying extra savings at Philadelphia Premium Outlets. For more information on seasonal savings and special events, follow along on premiumoutlets.com/Philadelphia as well as the center's Facebook and Instagram @philadelphia_po.




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NEW YEAR, NEW YOU!

Plan Your Best Year!



By **Dena Breslin, CTACC, MSPAS, High Performance Coach**

We are wrapping up 2018 and my question is:

When you reflect... what are you MOST excited about from 2018?? What will you celebrate?!!

Reflection is incredibly important as a bridge to new...anything...even as a foundation for MORE, or DIFFERENT.

So.... take time today to reflect. Ok, if not today, schedule into your calendar. Yes, into your calendar. Make the time for it.

Next, we want to master Planning for 2019. If we haven't planned, we are winging it. And that rarely lasts and is often frustrating. You may have felt this before: "overwhelm, brain fog, distracted."

Planning is when we get very intimate

with paper and pen, and quiet time. Yes, uninterrupted time. Then, close your eyes and imagine this year unfolding. Imagine each season. If you were to begin with the best parts of 2018 and build on them, what would that look like, in your mind?

I suggest you write down three main goals for this year — Self, Family, Career goals. Under each, what actions need to happen for that goal to be achieved?? Imagine a little longer. Write more. It's a good time to brain dump here. You can have many action steps, however, you will want to have the top five actions prioritized. It's good to have the things you may procrastinate on, listed first. Eat that frog, as Brian Tracy would say!

This process, when you get good at it, can take 30 -45 minutes. Give yourself the time NOW! Schedule it. We are kicking off the BEST NEW YEAR of your LIFE!!!

Dena Breslin can be reached on Facebook at: [facebook.com/denabreslin](https://www.facebook.com/denabreslin); on LinkedIn and at: www.myahamind.com.



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January 2019 is Wide Open for MORE!! BETTER!! NEW!!

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- * skill building & awareness
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With 25 years of experience in aesthetics and background in computer engineering, Liana Grigoryan (Spa owner, Licensed Esthetician, Laser technician) enjoys helping women and men to achieve their health and beauty goals at Lily laser and Beauty Day Spa and Laser Center in Collegeville. The center was established by Liana in 2012 and since that time it has been a rewarding place for clients to get relaxing, rejuvenating treatments and laser hair removal. When you meet her, you feel her passion to make a real difference! Liana seeks out only result driven treatments that use the latest technology.

Feel free to stop by to say hello, have a cup of hot apple cider and get a free consultation.



Located at 15 West, 4th Avenue, Collegeville, PA 19426

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