



Cleaner Living

January 2008

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This Month's Special

Our prices are changing this year. We haven't changed our prices in 4 years! As a special thank you to our customers, we're offering this month's services at last year's rates! Save up to 15% on this month's services and call today to schedule your appointment!

Thank You

Thank you to those who have referred us:

Donna Fackler
Jeanette Keller
Kevin & Ellen Thomas
Jeong Lee
Kathy Meyer

Making Resolutions Stick

Every year we make resolutions to change. We vow to work out more, to eat healthier, to lose those extra 10 pounds, to quit smoking, and stress less. We make a promise to ourselves to live healthier, more organized lifestyles, but research shows that half of us will have given up on our goals by the end of June.

Why Can't We Change?

While changing a bad habit or creating a new one may *sound* simple - it often requires that we change our lifestyles too. For example, losing weight typically requires making time to cook healthier meals or workout more often. And if you've ever tried to stop smoking, you're well aware of all the little things you link to the act of smoking such as drinking alcohol, meeting friends for coffee, or going outside on your lunch break. Life is hard to change!

Making Behavioral Changes 'Stick'

To live up to your New Year's resolutions, you'll need to take a closer look at your lifestyle and make other changes that will support your resolutions.

It's best to stick to one resolution and achieve it before vowing to change every bad habit you have. You're more likely

to achieve additional goals when you've conquered one and have tasted success!

At some point in the past, you've used skills and strengths to create powerful change in your life. What skills and strengths helped you get where you are today? Use those traits to your advantage to create change.

Time is Magic

Experts say that it takes 30 days to form a new habit and another 30 days to reaffirm that habit. Change takes time. During that phase of habit formation, you're apt to stray from your goal. Remember: the only thing that keeps you from achieving your goals is whether or not you make the decision to try again tomorrow if you don't succeed on the first attempt.

Interested in learning more about making your resolutions stick this year? Learn more at www.vitalitycoaches.com and attend the upcoming workshop: "Changing for Wellness: The Pursuit of Health & Happiness." This workshop will be held at the Savoy Recreation Center on February 26th. Members: Free admission, Non-Members: \$5.00. Registration is required. To register call the Savoy Recreation Center at 359-3550.

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Life Begins at the End of Your Comfort Zone

Even though we are presented with many choices throughout the day, invariably we fall back on what is comfortable for us. Whether it is in your personal or professional life, our comfort zone is the area in which we live 99% of the time. However, to truly grow in all areas of your life, it is important to step outside of your comfort zone, and experience what I like to call "The Red Line".

Picture yourself driving in your car. Look at the tachometer. Most of us never reach the "Red Line" area - it's a little uncomfortable to run the car at that high a revolution. Think of your life and what you do in relation to the tachometer in your car. Do you stay idle in the 1000-2000 RPM area? Do you push yourself to the "Red Line"?

From studying and working with various speakers and authors, I have realized that doing things that are uncomfortable makes you grow faster. If you are comfortable doing something, it is easy for you and you probably already have it mastered. However, what is now comfortable was probably at some point in your life uncomfortable. What does this mean? Very simple. If something you do today is uncomfortable, it is in your "red line" area, chances are the more you do it, the easier it will become. It will no longer be uncomfortable for you, it will be easy.

If you are looking to truly grow in your business, take this concept and really apply it. Let's take a home based business for example. Most people who start a home based business end up quitting. One of the main reasons is they stop too soon, or they are uncomfortable doing something, so they quit. Well, if you understood the "red line" process, you would know that even though making those phone calls, or

talking to those cold prospects, or explaining your business to people, although uncomfortable at first, would tend to get easier and easier. The challenge is what is uncomfortable is difficult to do over and over again -it's not fun when it's uncomfortable, so we go back to our old ways of doing things - and things NEVER CHANGE. For things to change you have to change.

Here is my challenge to you. Find one area in your business and in your personal life that you would like to change. For business, it might be a new prospecting method. For personal, it might be a new workout routine or eating habits. Do one thing everyday that makes you uncomfortable. Repeat this process for 30 days and watch what happens. Not only will you grow in the areas that once made you uncomfortable, they will become habits, and you experience a whole new level of growth.

As entrepreneurs, we do things every day that challenge us and make us uncomfortable. It was uncomfortable leaving my job to become a full time entrepreneur - but would I have grown as fast if I had kept my W-2 job? Not likely. Entrepreneurs are the pace setters, we are the ones that show others what is possible. Expand your thinking, expand your comfort zone - take your life to the red line. Life truly begins at the end of your comfort zone.

Written by Adam Packard

Adam Packard teaches people how to implement relationship marketing into their business, and speaks to groups all over the country. To learn more about how to implement relationship marketing into your business, visit <http://www.resultsgroupcards.com>

TRIVIA: THIS MONTH'S TRIVIA WINNER

Congratulations to Megan Weber, who answered this month's trivia question correctly!

You could win, too! Look at the trivia question on the back of this newsletter, find the answer, and visit our web site

online at www.kleenrite.net to send us your answer! If you don't have internet access, call our trivia line at 353-5244 and leave us voicemail including your name, phone number, and your answer. All correct answers will be entered in the drawing to win!

Ask the Expert

Q. What is the best way to get rid of mold?

A. Most molds spread by way of spores. These spores are found most everywhere. Once they land on a surface where the environment is suitable, they grow a colony and send out roots and the colony produces more spores. A favorable environment usually will consist of nutrients, oxygen and moisture. Once the colony establishes itself, it will deeply penetrate a porous surface.

Surface pores are generally packed with nutrients, which are not removed by superficial or topical applications of cleaning agents, acids or even bleach. While application of these products may remove a large amount of the visible portion of a mold colony, it never gets to the root of the problem.

A green process (not using any chemicals) that you could try would be to use hot moist steam at temperatures of 220 to 230 degrees farenheit. The steam will penetrate far deeper into all substrates, destroy the mold organism and remove surface soils that feed the mold. This should prevent the return of the mold for up to 6 or 8 weeks.

The most important thing to do is not just remove the mold but find the actual source of the mold. Mold is just a symptom of an underlying cause (unwanted moisture) and unless you figure out where the mold is coming from it will return again and again.

Courtney & Emma having fun in the new year



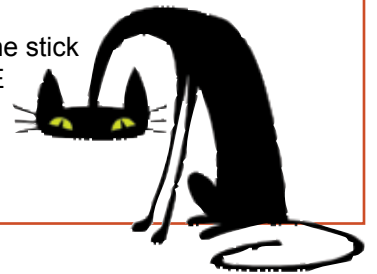
This Month's Events

January 1 - New Year's Day
January 4 - Trivia Day
January 5 - National Bird Day
January 18 - Winnie the Pooh Day
January 21 - Martin Luther King Day
January 26 - Australia Day

This Month's Joke

Top 5 New Years Resolutions for Pets

1. Try to understand that the cat is from Venus and I am from Mars.
2. I will no longer be beholden to the sound of the can opener.
3. Take time from busy schedule to stop and smell the behinds.
4. Grow opposable thumb; break into pantry; decide for MYSELF how much food is *too* much.
5. I will NOT chase the stick unless I see it LEAVE HIS HAND.



What Clients Are Saying

"Excellent company, product & follow up. Employees very polite"- Donna Fackler

"I appreciated that you were on time, explained the cleaning process, answered all my questions and did a wonderful job. I was very pleased with everything."- Jeanette Keller

"Very professional- excellent results. Very polite staff."- Barbara Callaghan

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What Do You Know?

Find the answer to the trivia question below and submit your answer at www.kleenrite.net or call our trivia line at (217) 353-5244 and leave us voicemail including your name, phone number, and answer to be entered to win a **\$50.00 Target Gift Card!**

This month's trivia question:

By which month will half of us give up on our New Year's resolution?

- February**
- June**
- July**
- August**

Look for the answer inside this newsletter!

Cleaner Living



Champagne Lemonade

1 cup sugar
3 cups water
1 1/2 cups fresh lemon juice
1 bottle Champagne or sparkling wine
Thin lemon slices, for garnish

Instructions:

Put the sugar and 1 cup water into a small saucepan and bring it to a boil. Cook for 1 minute until the sugar has dissolved, turn off the heat, and allow the sugar syrup to cool.

In a pitcher combine the cooled sugar syrup with the lemon juice and remaining 2 cups water and mix well. Fill a Champagne flute halfway with the lemonade and top with Champagne.