

## **Expert Advice for a Successful and Happy 2007**

*We wonder what it takes to achieve our goals and attain the happiness that is so elusive. Here are my thoughts on how to be productive, effective and happy in your life.*

### Take care of yourself

*It is impossible to be all you can be if you are not nurturing your body. So get 7-8 hours of sleep every night. Eat a healthy, well-balanced diet including a wide range of fruits and vegetables. Surround yourself with supportive relationships.*

### Avoid Stress

*Time your driving to avoid traffic jams; bunch errands together to limit trips. Try not to get your buttons pushed by recognizing your hot spots and avoiding people and situations that set you off.*

### Plan

*While we can't anticipate every situation, by planning ahead we can control the outcome and avoid the unforeseen. If you want to go cross-country, you'll need a map. Every client I have who is sincere about their planning is more profitable and more likely to meet their goals than the ones who fly by the seat of their pants. When something does go awry, it won't be nearly as stressful.*

### Rehearse

*Practice makes perfect.....decide what skills you want to develop, get coached and then practice until it's second nature. Great salespeople are made, not born. The same can be said for any skill.*

### Limit your choices

*Huh? That's right! Minimize your choices and you'll be more focused, less stressed and happier.*

*Try these suggestions and let me know if they help you be more productive and enjoy your life more!*

*Deb Mazzaferro assists specialty food producers with their strategic planning and execution enabling them to have the life and business they desire. With thirty years of industry experience, she has in-depth knowledge of all channels of trade. As a coach, she understands the client's unique qualities and their challenges. CoachMaz can be reached at 941.359.8599 or [coachmaz@tampabay.rr.com](mailto:coachmaz@tampabay.rr.com).*