

This is vital for your success

There comes a time when we feel tapped out, like there is just no more to give. We're out of patience, energy, peace and ideas, and left with exhaustion and frustration. When this happens, and life keeps calling, but our resources are limited, we tend to withdraw, and we're even tempted to give up on our goals. Have you ever felt like this? Maybe you feel that way now. If so, it's not time to wave the white flag, it's simply time to rest, refresh your mind, and reset, so you can recharge and restart! At I've Decided, we are here to make sure you achieve your goals and dreams whatever they may be. We know that it is vital to your success for you to take the time to refresh your body, mind, and spirit. This week your Weekly Winning Resources is all about refresh. These last couple of months have been stressful for everyone. You've most likely been in overdrive trying to keep up with the changes, and stay positive in the midst of uncertainties. If you're feeling tapped out, we hope you will take time to refresh.

Your Weekly Winning Word:

Refresh:

Give new strength or energy to.

Your Weekly Winning Article:

If it's been a while since you've refilled your little pot of oil so to speak, you may need some tips to help you get started, to help you relax, and a reminder of how important it

is to take this time for yourself. It's not selfish to take care of you. In fact, it's the most unselfish thing you can do. When you take time to refuel your own energy, you have more to give to others. If it's time for you to disconnect so you can reconnect, here are 5 ways you can refresh yourself. [Click Here To Read](#)

Your Weekly Winning Challenge:

Over the next week, each day schedule something from one of the 5 ways to refresh yourself in the article. Essentially, each day you should have something on your calendar that will help you refresh.

Your Weekly Winning Quote:

Take a step back, clear your mind, and refresh your perspective. ~Unknown

WE NEED YOUR HELP...Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!



Included in your I've Decided Membership are our Success Groups. We are excited to bring these resources to you in order to help you achieve your goals and dreams. We have designed these monthly success groups to help you make progress with your goals and dreams and provide you the opportunity to network with other people who are interested in a similar goal to you, advice and information from an expert coach, and the support you need for success! [Click Here To Watch Any Of Our Past Success Groups Recordings](#)

How are you navigating through life's detours? Listen in to Andy Thornton, CEO of The Greater Peoria Family Y, along with Ben and Ashley from Peoria Charter, as they discuss 4 ways you can navigate through life's detours without giving up on your goals!

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