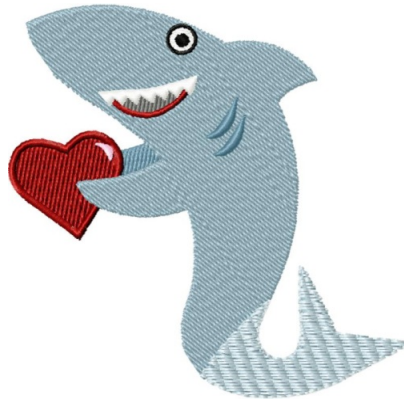


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February 2017

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Fun Facts about Valentine's Day!

- 141 million Valentine's Day cards are

141 million Valentine's Day cards are exchanged annually, making Valentine's Day the second-most popular greeting-card-giving occasion. (This total excludes packaged kids valentines for classroom exchanges.) (Source: Hallmark research)



- Over **50 percent** of all Valentine's Day cards are purchased in the six days prior to the observance, making Valentine's Day a procrastinator's delight. (Source: Hallmark research)
- **Men spend almost twice** as much on Valentine's Day as women do. This year, the average man will spend \$156, while the average woman will only spend \$85. (Source: Wise Bread)
- How do **Americans** celebrate Valentine's Day? U.S. Census Bureau has the answer:

Greeting Cards	65%	Plush	21%
Date Night	44%	Other Gifts	17%
Candy	38%	Perfume/Cologne	12%
Flowers	32%	Jewelry	11%
Gift Cards	29%		

[Additional Valentine's Fun Facts Here](#)

5 Tips For Keeping Your New Years' Resolutions

The Statistic Brain reports that only 8% of us will be successful at keeping our new years resolutions. Well, here are five tips to help keep you in that 8%!

1. **Set Small Goals Throughout the Year** - Rather than making one huge goal, you're better off making small, incremental, and achievable steps that will lead you to radical change.
2. **Use Repetition to Help You Achieve Your Goals** - It's best to write your new goal down on paper. Review it with intention and emotion EVERY morning. Writing it down is key.
3. **Remind Yourself Why You're Making the Change** - Simon Sinek calls it your "White Hot Why" (you can Google it for an incredible TED Talk). It's critical that you know the reason you're making the change in order to have success sticking with it.
4. **Create a Plan for Setbacks** - Think through the potential obstacles and road blocks you may experience. How will you deal with them? Since you'll likely mess up at least once, have a plan for how you will deal with it to get back on track.
5. **Have an Accountability Partner** - According to Dominican University in California, 70% of those who write down their goals and then share their weekly progress in an email with a friend will actually achieve their goal. Only 35% of those who set written a goal but keep it to themselves achieve it.



The History of Presidents' Day in the United States

- Originally **established in 1885** in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government.
- Presidents' Day never falls on the **actual birthday** of any American president
- The holiday is always celebrated the **third Monday of February**.
- Four chief executives- **George Washington, William Henry Harrison, Abraham Lincoln and Ronald Reagan** were born in February, but their birthdays all come either too early or late to coincide with Presidents' Day.



Source: History.com

Psychologists Link These Habits with Happiness

Science tells us that some activities just have the ability to boost our moods and keep them high. Here are the top 10.

1. Write Down 3 Things You're Grateful For
2. Get Outside
3. Spend Money On Others, Not Yourself
4. Drink Coffee (but not too much)
5. Volunteer
6. Make Time for Friends
7. Smile
8. Forgive
9. Workout
10. Be Patient - Happiness tends to grow with age!



Source: Business Insider
