

July NEWSLETTER

4 WAYS TO REACH YOUR PERSONAL BEST

Be growth-minded, not goal-minded — It's natural to make winning your ultimate goal, like a sports team hungering for a championship ring or a swimmer wanting to set a record. But you have to be careful about directing too much energy into one goal. If you obsess over a singular event, what happens if you lose? Or for that matter, what happens after you win? Ever heard of a Super Bowl hangover? A lot of times, the champs flounder the next season. That's why it's better to focus on growth rather than goals: That game is never over. We're not distraught if we've lost, and we haven't peaked if we've won. There's always room to improve.

Emphasize gradual progress — Anyone who has tried to lose weight knows fixating on the big number is a sure way to fail. Twenty pounds is intimidating—and discouraging when the scale seems to barely budge; 2 pounds is manageable. Achieve a 2-pound goal 10 times, and you drop two sizes and earn a shopping trip. Yes, emphasizing growth over goals is critical, but goals do have their place in competition. Think of them as milestones on the journey of growth. Set incremental ones—as with the weight-loss example—and celebrate each time you achieve one before moving to the next.

Develop your strengths — Countless athletes play multiple sports as kids. But the ones who go on to play in college or professionally almost always give up a sport they play well to focus on one in which they can become great. The same applies to you: Identify your natural strengths and pursue them with passion. Research bears this out. For years, Gallup has studied the advantages of developing strengths instead of trying to fix weaknesses. One finding: People who use their strengths every day are six times more likely to be engaged on the job. You won't push yourself to new heights if your heart isn't in your work.

Partner with other winners — Learning to push yourself is critical. But it's easy to lose sight of how well you're doing or pinpoint your weaknesses if you depend only on your own perspective. The solution? Get a mentor. It is amazing how much difference their insight and advice make. Their encouragement can also be a game changer too! [Source](#)

"Success is not final; failure is not fatal: It is the courage to continue that counts."

- Winston S. Churchill

CAJUN SHRIMP & SAUSAGE SKILLET

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| 1 lb large shrimp, peeled and deveined | 2 red bell pepper, chopped |
| 14 oz pork or chicken sausage, sliced | Salt and Pepper |
| 2 medium zucchini, sliced | 2 Tbsp olive oil |
| 2 medium yellow squash, sliced | 2 Tbsp Cajun Seasoning |
| ½ bunch asparagus, sliced into thirds | |



In a large bowl add the shrimp, sausage, zucchini, yellow squash, asparagus, bell pepper and salt and pepper. Add olive oil and cajun seasoning and toss until coated. Add everything but the shrimp to a large skillet and turn to medium high. Cook for about 5-7 minutes until the vegetables are tender and then add the shrimp for the last few minutes so they don't overcook. Garnish with fresh parsley if desired and serve immediately.



Thursday, July 4th— Independence Day
(Our office will be closed July 4th & 5th in observance of the holiday. As always, we will be on call during this time in case of emergency)
July 15th & 16th—Amazon Prime Days

amazon Prime Day

Amazon Prime Day will begin at 3am EDT on Monday, July 15 and the event will continue for two full days — ending at 3am on Wednesday, July 17. That's 12 hours longer than last year — making this the most extensive Prime Day ever. It's a clear sign that Amazon has succeeded in turning this five-year-old mid-July mega sale into sort of a summertime Black Friday.

If the past is any indication, look for huge discounts on things like Amazon devices, televisions and iPads. And if saving big dollars makes you hungry, expect to cash in on Whole Foods Prime Day deals too. (Amazon acquired the boutique grocery chain two years ago this month.)

You must be a Prime member to take part, and Amazon does offer a free trial membership when you first sign up. After that, you can stay on board for \$119 per year (or \$12.99 per month) or cancel it within 30 days. Either way, you're still set for Prime Day!


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