

Welcome to [Company Name]'s

Newsletter Postcard!

Newsletter Postcards Are the Best (and Easiest) Way to Add a Personal 'Touch Point' with Your Customers, Clients, and Prospects!

If You're Not Part of the Solution, You're Part of the Problem

No matter how tough the job market, being truly accountable for your work is crucial if you want to make the very best impression and stand out among your peers. What does being accountable mean? It means treating your workload as a business owner would treat his business; it means using your initiative instead of relying constantly on the input of others; it means seeking out your own solutions instead of dumping your problems on someone else.

Workforces are full of people with "employee" mindsets, people who run to their bosses at the first sign of trouble and not only expect them to find solutions on their behalf, but even to carry out the work involved in fixing their problems. What these problem dumpers fail to appreciate, however, is that finding solutions to the challenges that arise as part of their jobs is precisely what they are being paid for. They and they alone are accountable for their areas of responsibility, and it is never appropriate to approach their bosses with anything less than the challenge and at least one feasible solution.

We've all heard the saying "If you're not part of the solution, you're part of the problem," and never is this truer than in the workplace. If you want to get on in your career and earn the respect of your manager, you have to own your responsibilities and never, ever delegate to your boss.

Ever Thought About Downsizing?

The concept of downsizing didn't, of course, just come along as a result of this latest recession. For a number of years before that, more and more people had come to question the logic of rattling around in large family homes long after their children had flown the coop, and of having all their money tied up in property when they were unable to do the things that they wanted to do in life. Having something to leave to the children is all very well, but if, for example, the children live on the other side of the world and you cannot afford to visit them, does it really make sense to hang on to a house that is excessive for your needs?

Years ago, downsizing was something about which many people felt embarrassed. All too often they were concerned about what the neighbors, friends and family might think about their financial situation. Nowadays though, increasing numbers of homeowners are less worried about what others think and are using their hard-earned investments to get the most out of their lives while they still have the time, the health and the energy to do so.

Freeing up cash through downsizing can offer endless possibilities. Whether you want to travel, invest in a second property abroad or start your own business, releasing the equity in your property could help to make your dreams come true.

Just plain sick of looking at them

Four men shared a cab from the airport into the city. One came from Idaho, one from Iowa, one from Florida, and the last from New York.

After a few miles, the man from Idaho opened his suitcase, pulled out some potatoes, and threw them out the window. The cab driver asked, "What are you doing?"

The man from Idaho said, "We have so many potatoes in Idaho that whenever one of us leaves the state, we just throw them away because we're sick of looking at them."

A few miles later, the passenger from Iowa began pulling ears of corn from his bag and throwing them out the window.

The cabbie asked, "What are you doing that for?"

"Man, we have so much corn in Iowa that we have to get rid of it all because we're sick of looking at it!"

A few miles later, the man from Florida opened the car door . . . and pushed the New Yorker out.

**OVER,
PLEASE ↓**

[Custom Headline Here]

English Might Be the International Language, but It's Not the Only One

Whether you are simply taking a foreign vacation or you live or work abroad, being able to speak to others in their own language is much more than just good manners. It not only allows a unique insight into the cultures, traditions, attitudes and lifestyles that are predominant in the host country, but it also lets you integrate more easily with the local people. While it undoubtedly makes life easier, being a native speaker of the world's international language can also rob us of valuable opportunities and learning experiences. Plunging in and trying out a few words of a foreign language can, however, be quite daunting for native English speakers who are more used to communicating in their own tongue and who are typically afraid of making embarrassing mistakes. Far from finding our attempts funny or even pathetic though, foreigners, almost without exception, admire and respect any attempt to converse in their language, and they will do their utmost to help you to learn.

Stores are full of foreign language textbooks, phrase books, tapes and CDs in just about every language imaginable, and just a few minutes devoted to study each day will see you able to say the basics in no time at all. If you want to enrich your experience, enrich your language skills and win the hearts of the locals at the same time.

Laughter – The Best Medicine

Laughter – it's natural, it's free and it's totally contagious. It helps to bring people together, aids communication and reduces conflict. Did you know, though, that a daily dose of laughter is good for your physical health too? When we laugh, our bodies release endorphins, commonly known as "feel good hormones." These chemicals not only promote an overall sense of well-being, but they can even help to provide temporary pain relief. At the same time, levels of stress hormones are reduced and our muscles loosen up so that both mental and physical relaxation is achieved. The production of immune cells and antibodies that are necessary to fight infection receives a boost, making our immune systems stronger. As well as lifting our spirits and making our hearts feel lighter, laughter also increases the blood flow around the body, and researchers have found that it may even protect us from developing heart disease. By causing the lining of the arteries to expand, a good chuckle effectively allows blood to circulate more quickly, keeping not only the heart but the rest of the body well supplied and reducing the potential for blockages to form.

Studies carried out in the health care fields, in the workplace and in the classroom have all demonstrated the benefits of laughter, so what are you waiting for? Go and dig out that favorite comedy movie and laugh your way to better health!

Company Name's

Newsletter Postcard!

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