Six Negatives To Conquer For A Better Life

Time is not against you... but lack of action or direction most certainly are. Unknown

A new year means new beginnings and new opportunities. It's a perfect time to adjust the things in our lives that have been weighing on us – the things that we know we need to change for a better life. And these changes don't cost us money or take up our time. These changes become reality when we adjust our lives to be more mindful of our actions and in tune with our emotions.

Here are six negatives to conquer for a better life:

Overthinking

I used to have overthinking mastered. I could take the simplest hurdle and recreate it in my mind to be this huge obstacle. I would find myself lying awake at night with all these imaginative fears in my mind. Next time your mind spirals in that direction, stop yourself and visualize all the things that can go right. Ask yourself if whatever the subject you are overthinking about will really matter five years from now.

Living in the past

I have met people who live in the past; it's not a great place for one to settle. Constantly thinking "should of, could of, would of" sucks the joy right out of your life. The past has come and gone; nothing can be changed. Besides, being in the present allows you to correct whatever mistakes you've made previously. Live for the present and the future.

Perfectionism

Though being ambitious is a good thing, constantly thinking that everything needs to be perfect is unrealistic, very impractical, and stressful. When faced with a project, don't hold up progress by trying to be perfect; instead, do your absolute best and know that everything will turn out fine. Letting go of perfection means less stress and better quality of life.

Trying to please everyone

Trying to please everyone can really wear on a person. You become the person who always changes their plans at a moment's notice. You become the person who takes on more work or stays late. You become the one who always says yes. And, you also become a person that you aren't going to like. Stop trying to please everyone. A person who cares about you isn't going to like or love you any less if you say "no."

Fear of change

We're afraid of change – of failure and even a positive outcome of that change can be a bit scary. Instead of fearing adjustments to your life, look at it optimistically: as the next step in your life and an opportunity for betterment, a new start. Ask yourself "what if"questions about this change. What if this change didn't go as hoped for? What if this change leads you in another direction? Get your fears right out there in the open so you can address those "what ifs" now; then move on.

Putting yourself down

We can be so hard on ourselves. Having negative thoughts and saying negative words to yourself is damaging; they ruin your self-esteem and confidence. You should be treating yourself as well as you treat others, and then some. There is no way that you can be your best in life unless you are your number one cheerleader. Believe that you are worthy and quit with the self-bullying; next time negativity crosses your mind, immediately put a stop to it and replace those negative thoughts with positive ones.

Start by addressing the above six negatives that apply to you and then commit yourself to change. If it will help keep yourself in check, pick up a journal and jot down how you conquered any unwanted behavior each day. Then celebrate those changes – whether big or small – that you made. As you are going through this metamorphosis, keep in mind that change is tough and that it will take time, energy, and a real commitment. You got this.

Lori Catozzi Cook is the assistant editor and a feature writer for The Monadnock Shopper News.

HAPPY BIRTHDAY!

from **HANNAFORD'S SUPERMARKETS**

JANUARY 16, 2018

Jeffrey Whitcomb, son of Kathleen Whitcomb, Keene, 9.

Michael Costa, son of Aaron Costa, Stoddard, 8.

JANUARY 17, 2018

Keegan Emond, son of Crystal Emond, Keene, 2.

Raelynn Johnson, daughter of Briana Johnson, Hinsdale, 5.

Audrey Robinson, daughter of Grace Keating, Keene, 3.

JANUARY 18, 2018

Tyler Witfoth, son of Shaun Witfoth and Amanda Bassett, Swanzey, 12.

JANUARY 19, 2018

Lucy Murray, daughter of Nick and Allison Murray, Swanzey, 2.

JANUARY 20, 2018

Asher William Byam, son of Zachary and Emily Byam, Nelson, 1.

JANUARY 21, 2018

Damien Cole, son of Joshua and Miriah Cole, Winchester, 5.

JANUARY 22, 2018

Hayden Hackett, son of Travis and Samantha Hackett, Newfane, VT, 7.

JANUARY 23, 2018

Emma Bernice Olson, daughter of Cade Fisk and Elizabeth Olson, Brattleboro, VT, 2.

Jack Fierro, son of Jake and Gerianne Fierro, Winchester, 3.

This Week's Birthday Cake Winners Are:
*** Damien Cole, Winchester, 5.**
*** Emma Bernice Olson, Brattleboro, VT, 2.**

Submit your Birthday Kids' entry online at: ShopperNews.com/Community

HANNAFORD'S BIRTHDAY CAKE

winners last week were:

Suri Hill, Rindge, 5

Picture Unavailable

Cayden Park, Dublin, 9

HANNAFORD'S SUPERMARKET

West Street, Keene, NH

BIRTHDAY CAKE DRAWING

Mail coupon to:
The Monadnock Shopper News,
P.O. Box 487, Keene, NH 03431-0487

- All boys and girls through age 12 are eligible.
- Entries must be mailed; no phone calls, please.
- Forms must be received *two weeks before* child's birthday.

PRINT OR TYPE CLEARLY

CHILD'S NAME_____
AGE* _____ SEX _____ PHONE _____
BIRTHDATE _____
PARENTS' NAME (S) _____
_____
ADDRESS _____
_____

*Age child will be on this birthday.

Stories Giveaways Local Events
Find Us On facebook.

HOST A ONE-OF-A-KIND BIRTHDAY PARTY!

Featuring the Only
INTERACTIVE FLOOR GAME in the Area!
CHESHIRE CHILDREN'S MUSEUM
VISIT **WWW.CHESHIRECHILDRENSMUSEUM.ORG**
OR CALL **603-903-1800** FOR FULL DETAILS.

GLACIER GRIP/ST II *By Cooper*

*** Aggressive Mud & Snow Traction Tires**
*** Advanced Computer Design for Ice & Snow**
*** Deep 15/32 of Tread with Contemporary All Season Style**
*** Great Handling and Low Driving Noise**
*** Year-Round Driving Dependability**

FREE Computer Alignment w/4 New Tires

All Prices Include:
- Mount & Balance
- New Valves
- Old Tire Disposal
- Tire Rotations

55's		60's		70's	
205/55/16	$129.95	P195/60/15	$107.95	P185/70/14	$101.95
215/55/16	$136.95	P205/60/15	$116.95	P195/70/14	$104.95
		P215/60/15	$115.95	P205/70/14	$111.95
		P215/60/16	$119.95	P215/70/15	$108.95
		P225/60/16	$127.95	P205/70/15	$105.95
		P205/60/16	$120.95	P215/70/15	$108.95
				P225/70/15	$118.95

75's		65's	
P185/75/14	$109.95	P185/65/14	$106.95
P195/75/14	$107.95	P185/65/15	$109.95
P205/75/14	$108.95	P195/65/15	$111.95
P205/75/15	$106.95	P205/65/15	$112.95
P215/75/15	$114.95	P215/65/15	$117.95
P225/75/15	$116.95	P215/65/16	$123.95
P235/75/15	$117.95		

MSR SNOW TIRES
SUV & LIGHT TRUCK SIZES

P215/70/16	$121.95
P235/75/15	$124.95
P265/75/16	$138.95
LT265/75/16	$173.95
LT215/85/16	$161.95
LT225/75/16	$161.95
LT235/85/16	$170.95
P235/70/15	$126.95
P235/70/16	$128.95
P245/70/16	$133.95
LT245/70/17	$186.95
P245/70/17	$141.95
P265/70/16	$139.95
P265/70/17	$147.95
LT265/70/17	$191.95
P235/65/17	$147.95
P245/65/17	$152.95

Mastercraft TIRES

all season By Cooper Tire & Rubber Co.

215/70R15	115.00	215/60R16	123.00
185/65R15	104.00	225/60R16	135.00
195/65R15	108.00	235/60R16	135.00
205/65R15	112.00	205/55R16	125.00
195/60R15	109.00	225/65R17	145.00
215/65R16	121.00	235/65R17	145.00

LSR GRAND TOURING
60,000 to 70,000 Mile Rated

COOPER TRENDSETTER
40,000 to 50,000 miles • Quiet Ride
Great Year-Round Traction
Made in the USA

205/55/16	124.95
215/60/16	124.95
225/60/16	124.95
185/65/14	104.95
195/65/15	109.95
205/65/15	114.95
205/70/15	114.95
225/75/15	124.95
235/75/15	129.95

All Prices Include: Mount & Balance · New Valves · Old Tire Disposal · Tire Rotations

GENERAL TIRE **GRABBER HTS 60**

For Light Truck & SUVs. Year-round performance & a quiet, comfortable ride.
• Continuous closed shoulder blocks • Optimized noise sequencing
• Circumferential grooves, zigzag sipes, sweeping slots
• Stepped inside notches • 60,000 Mile Limited Treadwear Warranty

225/75R16	215/70R16	255/70R16	235/65R17	265/70R18
235/75R16	225/70R16	265/70R16	245/65R17	265/60R18
245/75R16	235/70R16	245/70R17	255/65R17	
265/75R16	245/70R16	265/70R17	265/65R17	

DUBE'S TIRE CENTER
300 PARK AVE., KEENE, NH • 603-352-1445
www.dubestire.com MON.-SAT. 8-5:30
45 years of good, old-fashioned hometown service!

Introduction To First Grade At Monadnock Waldorf School

People who are curious about Waldorf education are invited to an informational session and campus tour on Saturday, January 20th from 9:30 to 11:30 a.m. at Monadnock Waldorf School, Grade School Campus, at 98 South Lincoln Street in Keene. Childcare is provided. Registration is required.

Waldorf education meets students appropriately at each developmental stage, recognizing their physical and emotional needs and capacities, in addition to intellectual ones. With curriculum designed to support children through their gradual transformation, the goal of the Grade School program is to guide all students in developing their highest potential through rigorous academic studies in an arts-infused experience that engages the whole child.

For more details or reservations, visit www.monadnockwaldorfschool.org or call the admissions office at 603-357-4442, Ext. 105.

Screening Of *Adele And Everything After* – Moving Film Experience For Animal Lovers

ADELE, Continued from page 1

Enter Hector, a beautiful golden lab from Canine Partners for Life who must learn how to detect her condition and alert her in time. In return, Marty must learn how to overcome her fear and trust this new service dog. Marty and her husband, plus Hector (and possibly Adele) will be in attendance for a Q&A with the audience after the screening.

Tickets will be sold at the door and are $5 for MONIFF members (Fanatic members free), $10 for others. Doors open at 5:30 p.m. Seating is limited; early arrival is suggested to secure a seat. As a special bonus of the evening, there will be a raffle for a free pair of film passes to the next film festival that will be held April 19th to 22nd.

Fill out our READERS' CHOICE BALLOT www.shoppernews.com