



## *New Year, New Home*

### *Ring in the New Year with Us!*

If you're looking for a relaxing oasis from the madness of the season, schedule a tour at **Oaks of Rockford**, where neighbors become friends and special moments are always celebrated. Here, you'll be steps away from world-class amenities and located close to endless shopping opportunities, a variety of dining choices, simple conveniences, and endless fun in the Rockford area.

**Countdown to Midnight at Oaks of Rockford!**

OUR COMMUNITY



## ***FRESH START IN THE NEW YEAR***

As we approach the end of the year, set aside a little time to reflect on 2022, clear mental and physical clutter, and set some attainable new goals for the year ahead.

The beginning of a new year offers the chance to start fresh and give new energy to the parts of your life that need a little love and attention.

### **REFLECT AND CELEBRATE**

Take time to mentally review the past year. *What do you wish you had done differently that you can change next year?* It's human nature to want to focus on setbacks, disappointments, and challenges, so after clarifying where you'd like to improve, make sure to write down what you're really proud of. Even during the most challenging years, we can all find bright spots if we look for them.



### **CLEAR THE CLUTTER**





Now that the holidays are over, and all the gifts have been opened, it's time to think about how to keep your home clean for the new year.

Take the time to create a list of to-dos, clean out and donate old clothing items, and organize your important documents.

## SET SPECIFIC GOALS

It is proven that when we write down and share our big goals, we're much more committed to making them happen. If goal setting for an entire year feels daunting, try setting smaller goals for the first quarter of the year. Three months is a good chunk of time to set some brave goals, and to make a lot of progress toward achieving them. Ask yourself what you want to be different in your life by the end of 2023.



Oaks of Rockford | 11640 Townsquare Blvd, Rockford, MI 49341

[Unsubscribe katherinetharakan1@gmail.com](mailto:katherinetharakan1@gmail.com)

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