

Caring Thoughts

Issue 20

01/05/18



Wishing you and your family a wonderful and fulfilling 2018. Looking back on our 2017 as a company we are honored to be called on to serve many, many families through the loss of loved ones. It is our true purpose to guide, assist and comfort them at their greatest hour of need. We take this calling with the utmost dignity and respect. We are truly blessed to be called upon to help.



To infinity and beyond!

Warmest Regards,

Corey Strauch

Family



Izzy, Emma and Corey.

Smart Resolutions

Every year you set new goals for yourself. If you're like most Americans, by February, your resolve is waning, and by May you don't even remember your resolutions. Then, on Dec. 31, you berate yourself saying, How did I waste a whole year?

This year can be different! Pick only two or three strategies from the list below and implement them today. Then, instead of scolding yourself on Dec. 31, 2018, you'll be able to say, *Look how much I accomplished this year!*

Write it down. You've heard it before, but the truth is writing down your goals forces you to get clear about what you want. Use a pen and paper (you can transfer it to your computer later). That simple physical act helps cement the desire in your brain.

Find a replacement. In *The Compound Effect*, Darren Hardy explains one way to break a bad habit is to replace it with a good one. What can you choose to add to your life that will fill the void left by eliminating a bad habit? For example, replace TV time with family time, candy with fresh fruit, talk radio with inspiring audios.

Tell someone. Talking about your goal—even if it seems huge and impossible—allows others to encourage and help

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you by providing resources and information you may need.

Take baby steps every day. Even small steps taken toward your goal consistently will move you in the right direction. Once you experience a few small wins, taking bigger steps becomes easier.

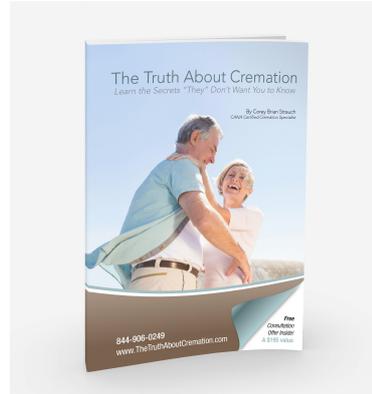
Take some BIG steps. Don't take all year to do what you can accomplish in a day. Once you've written down your list of goals for the year, figure out which goals could be accomplished this month—or even today.

Decide and act. Mental hurdles may keep you from making decisions and taking action. Get over it! Make a list of all the reasons you want to accomplish your stated goal. Refer to that list when indecision or inaction threatens to take control.

Team up. Even if you don't share the same goal, having a "success buddy" can keep you accountable. Meet weekly (in person or by phone) to check in on and encourage each other.

Celebrate your successes. Every time you reach a milestone, acknowledge your accomplishments in a positive way. For example, if you drop a dress size, buy a new outfit. If you pick up a new client, have dinner with a mentor. Celebrating your success will keep you focused on the larger goal.

Questions about Cremation?



I literally wrote the book on cremation. Do you or someone you know want a copy of my book? I will send a copy absolutely FREE!!

Order by phone: **1-844-906-0263**

Order on-line:

www.PennsylvaniaCremationServices.com/get-your-free-book

About Corey



As a fifth generation funeral services provider, Corey Strauch has developed a passion for helping people experience the calm and dignity of knowing that their future is decided and that it will happen exactly as they desire. Over the years of working with generations of clients, Corey has made it his life's work to help people to be informed, to be prepared, and to feel secure with end of life cremation decisions. He is a licensed funeral director in Pennsylvania and has garnered 21 years of experience in the funeral and cremation industry.

Allow him to assist you in reviewing your options and to set a sturdy and secure plan for your cremation decisions. To learn more about Corey and his business, call **844-906-0263** or visit his website at www.PennsylvaniaCremationServices.com to find out what your options are and to request a free consultation (valued at \$195) in order to learn how you can gain the confidence of knowing that your affordable plans for cremation are securely set.

Lunch and Learn Schedule



Gain the knowledge to make informed decisions for yourself or family members.

January 23rd 12 PM Wilkes Barre, Olive Garden

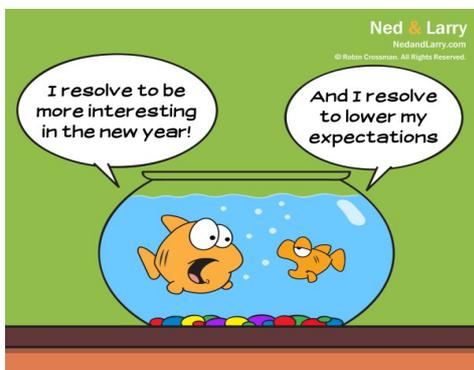
February 27th 12 PM Easton, Olive Garden

March 20th 12 PM Dickson City, Olive Garden

Reserve your seat now by calling: **1-844-906-0263**

Or visit:

www.PennsylvaniaCremationServices.com/Lunch



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