



Stevens-Koenig

Rocky Mountain Messages

Welcome 2010!

Happy 2010 and Welcome to a New Decade! I don't know about all of you, but last year went by faster than any others before it. Maybe I'm just getting older, but the holidays seem to come pretty quickly every year. Sure wish January, February and March went by as quickly as October, November and December!! In any event, I hope you had a wonderful holiday season and enjoyed whatever time off you had.

2009 was an incredible year for SK Reporting and I would be remiss if I didn't acknowledge and thank each of you for that success. All of us know that our success is contingent on our service to you and being able to meet your needs, your deadlines and your expectations. I promise that we will continue to do that in 2010 on a consistent basis.

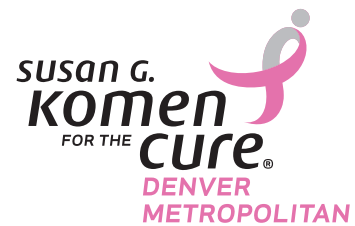
2010 brings a continuation of our commitment to our clients, but also brings a new commitment to serving others as a sign of our appreciation for so many blessings in each of our lives.

Because of the importance of breast cancer awareness and research to see an end to this dreaded disease, we will be making a \$1.00 donation throughout 2010 for every deposition original and/or copy ordered this year. We have committed to the Susan G. Komen For the Cure Denver Metropolitan Chapter to a minimum \$1,500 donation by 12/31/10. We feel good about sharing our success with something so close to our hearts. Who doesn't have a mother, aunt, sister, grandmother, daughter or friend somehow affected by breast cancer? We thank you in advance for making this possible.

Our office staff continues to grow with Rachel now being full-time as Operations/Production Manager. Our reporting staff remains the same reliable, dependable and skilled group of women who have been with us for years. Each one of them makes my life easier by the quality and consistency of their work, and it's truly a blessing to know and work with them. They are more than coworkers to me; they are close friends.

I wish each of you a happy and prosperous 2010. Please call if we can do anything to make your life a little easier from a deposition, exhibit management, litigation support, video syncing or videoconferencing standpoint, whether in the Denver metro area or nationwide. Let us help in any way we can. We are here to serve you!

-Judy Stevens



"An optimist stays up until midnight to see the new year in.

A pessimist stays up to make sure the old year leaves!" -Bill Vaughn

Happy New Year!

First, let's talk about some statistics. 40 to 45% of adults make one or more resolutions each January. Among the top New Year's resolutions are weight loss, exercise, stopping smoking and money management and/or debt reduction. After one month, only 64% of those resolutions are still being kept, but by six months, that number drops to 46%. While a lot of people who make resolutions do break them, research shows that making resolutions is useful. People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions. There are a few things you can do to help those resolutions become reality.



How to Keep your New Year's Resolution

1. Be Specific

Your goal needs to be:

"I want to lose 5 pounds by 1/31/10" as opposed to "I want to lose weight this year."

"I will exercise three times a week this year" as opposed to "I want to get in shape this year."

"I want to completely pay off one credit card by 3/31/10" as opposed to "I want to be closer to being out of debt by 12/31/10."

"I want to drink 8 oz. of water every day" as opposed to "I want to drink more water."

2. Visualize Reaching Your Goal

Visualizing is looking at the future as if it is today. See yourself 5 pounds lighter, visualize that new outfit you're going to buy in a smaller size. The emotions that go with visualizing things are a very powerful motivation tool. We feel good when we "see" ourselves out of debt, exercising for our good health and drinking the water our bodies need. Let yourself visualize what it would feel like to have achieved your goals. Maybe even write yourself a letter congratulating yourself for the new weight, new health and new financial freedom. When you feel down because of missing an exercise date or charging something you shouldn't have bought, read the letter and get re-inspired.

3. Keep Track of What You're Doing

Yes, write it down. Write down what you eat every day, write down each glass of water you drink, list things you buy on credit. Those small bites of tortilla chips and those trips to Target and Wal-Mart begin to add up faster than you think. Make yourself accountable to a list or journal. If you have to write it down, generally you think before you eat and think before you buy or think before you watch a TV show when you should be going to the gym. Maybe a check-off sheet of foods and activities would work for you. When everything is checked off, you're done for the day. No late night snacking if all your foods are used up for that day.

Know that setbacks are inevitable. No one is perfect. Allow yourself to fail sometimes; we learn more from our failures than from our successes. Keep at it; keep the faith and keep your outlook positive. Be specific in your goals so you're specific in exactly what you need to do; visualize getting there and the benefits of success; keep track of what works and what doesn't. Resolutions are learning experiences and you need to reward yourself along the way. Celebrate the small wins and know that permanent change is a long road to a lifetime of success.