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The Answer Is Always No

by Chris Earley

I'm not referring to saying no when my kids ask if they can have dessert before dinner, but a different kind of no.

Recently, at the suggestion of one of my business coaches, I made a big ask and was pleasantly surprised (and delighted) to receive a yes. I asked a publisher of a Massachusetts newspaper to allow me to write a one-time article. I truly didn't expect my request to be allowed. But, my request was met with a yes!

But this original request has turned into something much more. The column is now a regular monthly column. Additionally, the column has been picked up by newspapers in Rhode Island and Virginia. The reach of the column may very well reach additional states, which is very exciting and humbling.

That experience reinforced for me very strongly my belief that the universe only gives you what you ask of it. The answer is always no to that which is not asked for. What can you ask for that can move you forward? Maybe you have been



What can you ask for that you really want? I challenge you to ask for it today.

working really hard and want a raise or promotion. If you want it, ask for it. Have your eyes on a special guy or girl? Ask them on a date.

You'll never get what you want by waiting for it to happen. I have found the more I go out on a limb in life, the more I am rewarded. Of course, I have had, and continue to have, doors closed (sometimes slammed) in my face. That will never stop. But, that doesn't mean I have to stop asking for those things I want that will advance my family and I further in this life.

What can you ask for that you really want? I challenge you to ask for it today. Let me know what you find!

- Chris Earley



Get 'Er Done

by Chris Earley

We all have goals we want to accomplish. Some goals are big goals, some are small, and some fall somewhere in between. No matter their size, goals are very important. Here are some things that have helped me that I hope you find useful when it comes to goals:

- 1 For me, if it does not get written down, it probably will not get done. The same applies to goals. **Write down your goals.** The act of putting pen to paper can be very effective. It actually primes your brain to get ready to take action to accomplish the goal.
- **Set a deadline.** A goal without a deadline is not really a goal, but merely a hope. Committing to getting a goal done by a certain date is important and keeps you focused.
- **3 Be realistic.** Some goals we can accomplish, while others may be beyond reach, no matter how hard we may try. Set realistic goals that you can actually accomplish, or else you doom yourself to failure right out of the gate.
- **4 Keep it specific.** Goals that are vague are not actually goals, they are dreams. Drill down on what the actual, specific goal actually is. The clearer you can envision the goal the more likely you will achieve the outcome you are seeking.
- **5 Create an action plan.** How will the goal actually be accomplished? What needs to happen? The only way to get started with making a goal a reality is to take a step forward and keep moving towards the goal until it is reached.

I challenge you to try these tips and then let me know how you make out!

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EARLEY FAMILY NEWS



Alice and Ollie are having a busy summer.

Here is a picture of Alice at camp last month. If this is not the picture of pure joy, I don't know what is!

WHAT'S NEW AT THE OFFICE

We are planning to expand into even more office space in our building, which is incredibly exciting for our team! More news about this huge news will be coming next month!

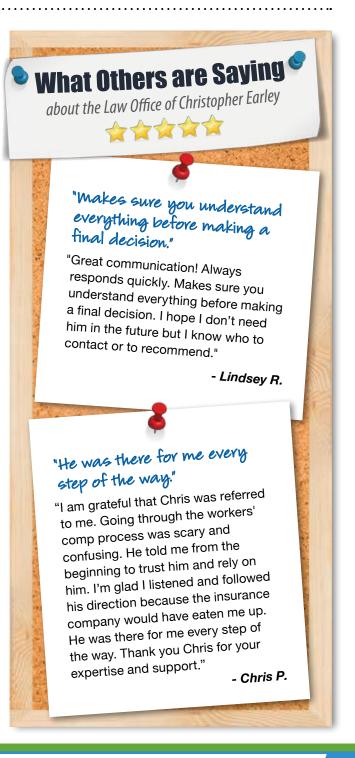


Congratulations to Elizabeth Jabs, Lindsey Loo, Zenia Mae, Maria Flores, Lucy Giannini, and Linda Potenza for winning a \$50 Amazon gift card in our

recent giveaway. Way to go, guys!

Care to Share?

If you have recently had a big life-changing experience (birth of a child or grandchild, marriage, wedding anniversary, engagement, graduation, new job or promotion, etc.) email me at cearley@chrisearley.com because we want to celebrate you in next *The Earley Edition*. Don't be shy!





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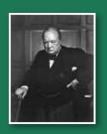
Thank You For Your Referrals!

This month, we'd like to thank Mary Ann R., Jacquelyn Q., Yelena B., Allan H., Elizabeth G., Dominique S., Kirsten G., and Marina M. for believing we are the right firm to help their friends and family. Your continued support gives us the ability to reach more individuals and make a positive difference in their lives. If we can help anyone you know that needs our services, please send them our way!

Quote of the Month

"Never let a good crisis go to waste."







Rory Earley

RORY'S RECIPES: Lunchbox Legends

It's the best time of the year - back to school! Here are a few homemade winners that my kids love in their lunchbox!

- CREAM CHEESE & RASPBERRY JELLY SANDWICH very thin layer of both on bread or a bagel
- SLICED UP APPLES (with a touch of lemon juice so they don't brown) and a side of nut butter for dipping. Who doesn't love a dip!
- CRUDITÉS LUNCH cheese, crackers, slices of avocado, baby carrots and sliced red pepper.
- CHEESE QUESADILLA sliced into triangles and salsa/guac for dipping
- $ightharpoonup ext{ROLL UPS}$ thinly sliced turkey and cheese on a wrap, roll up then slice the roll up.

And with all that being said, let's be honest: a lot of the days it's a bag of Doritos, a packaged granola bar and frozen pizza bagels thrown in that lunchbox!!

