

Your World

Stress busters, mood lifters and new ways to get more out of life every day



Make your dreams come true

Try these tips to achieve your life goals. (It's never too late!)

TALK IT UP

Whether you want to lose weight or start a company, discuss it with anyone and everyone. You're more likely to follow through if you feel accountable, and your chats may lead you to people who can suggest a class, give advice or alert you to potential obstacles.

RESEARCH IT

Look for organizations that can help you get started. For example, if you want to launch a business, go to sba.gov, the Small Business Administration Web site, and click on "Small Business Planner." Or head to the library and borrow books on entrepreneurship.

SCHEDULE IT

Create a list of the steps you must take to meet your goal. Breaking it down will make it feel more doable, and putting your thoughts on paper will help you identify roadblocks. Write each step in your calendar—spreading them out makes the process less overwhelming.

Editor's TIP

To save cash, my best friend and her husband go out to eat the night before Valentine's Day. That way they enjoy dinner together but avoid the higher prices many restaurants charge on the 14th.

—Emily Hendricks Turnier edits relationship stories



Go green

Try Dapple products (dapplebaby.com), such as toy cleaner and dishwasher powder. They're biodegradable and free of synthetic dyes and fragrances.



Boost brainpower

Expecting several challenges tomorrow? Get some shut-eye. Research suggests that during rapid eye movement (REM) sleep the brain makes new connections between unrelated ideas, improving creative problem solving. In fact, one study found that people who took a creativity test in the morning, then another after a nap that included a REM sleep cycle, improved their score by almost 40 percent.

Source: University of California, San Diego, School of Medicine

Did you KNOW?

Reality Checked
all you

'How I de-stress'

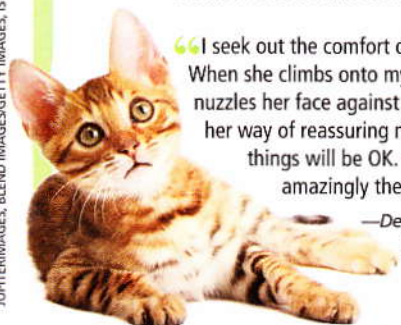
Break out of a funk with these tension-busting tips.

“I seek out the comfort of my cat. When she climbs onto my lap and nuzzles her face against mine, it's her way of reassuring me that things will be OK. Pets are amazingly therapeutic.”

—Denise Marrone,
35, Rochester,
N.H.

“First I count to five and tell myself to breathe. Then I do something active, like go for a brisk walk, clean the house or bake cookies. Usually when I'm done, I'm more relaxed.”

—Stefanie Schmidt, 31,
Las Vegas



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