



Select Auto and Truck Repair
52 Washington Street
West Orange, NJ 07052
973-325-1426 Fax 973 325 0138
info@selecttowing.com

FIRST CLASS

News You Auto Know

A Newsletter You Can Use • Your Success Insures Ours

THANK YOU!

***THE STAFF AT SELECT
WOULD LIKE TO WISH
ALL OUR CLIENTS A
HAPPY
AND
PROSPEROUS
NEW YEAR***

KEYS TO SUCCESS

Thoughts on Work

Do you always seem to have a bad boss or never seem to get a break at work? It may have something to do with what you are presenting to the world. Your outer working life has to reflect your inner organization. Make sure that you have your personal values and thoughts in order, and then take them to the workplace. The reality is that there are no bad bosses, and there are no bad breaks. And there are no victims, unless you choose to become one. **Stop being a victim, make work a joy.**

SELF-IMPROVEMENT

LOOK IN THE MIRROR

The only person looking back at you in the morning mirror is yourself. This is **the only person** that you have a responsibility to in life.

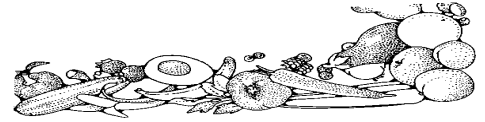
You must live with yourself 24/7, so it's up to you to make progress or not.

The blame game stops with you and what you do with your time each day.

You can't always please other people, but you can please yourself by setting your goals and sticking to your success plan.

Your day starts and ends with you.

For
The



HEALTH OF IT!

The number one New Years resolution of all time is, **WEIGHT LOSS**.

More people promise to lose weight as their primary New Years resolution.

The goal is to lose weight, but very few follow through with that promise to themselves because they lack discipline. They lack the discipline to diet and exercise to achieve their goal. It takes discipline and daily repetition to achieve the goal, **the only way to success**.

TRIVIA CONTEST

January 8th: Elvis Presley's Birthday

What was Elvis Presley's first movie?

1. Titanic
2. Love Me Tender
3. Gone with the Wind
4. Jurassic Park

Call our shop at 973-325-1426 with the correct answer and we will put everyone that calls in a drawing for a FREE lunch at

Gaffer's Restaurant

LAST MONTH'S TRIVIA WINNER

Natasha Boehm

HINTS & IDEAS

Sometimes you can do more with less.

Simplify your business or your life and concentrate on those activities that will give you the best results. Spend time on the activities that will make you money or give you the most satisfaction.

Develop your strengths and minimize activities that you are the weakest at, spend your prime time on building your strengths and your down time working on your weakest links.

Set your priorities daily and stick to your plan each day. Don't waiver or skip days continue to improve each day. Don't stop or quit, stay on track with progress each day.

5 Tips for Keeping YOUR New Years Resolution

1. **Avoid choosing a resolution that you've been unsuccessful at achieving year after year.** This will only set you up for failure, frustration and disappointment. If you are still tempted to make a promise that you've made before, then try altering it. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.
2. **Give it time** Most experts agree that it takes about 21 days to create a habit and six months for it to actually become a part of your daily life.
3. **Limit your number of promises.** You'll spread yourself too thin trying to make multiple changes in your life. This will just lead to failure of all of the resolutions.
4. **Keep a journal** A journal helps you recognize your positive steps and makes it harder to go back to the same old habits.
5. **Reward yourself with each milestone.** If you've stuck with your resolution for 2 months, treat yourself to something special. But, be careful of your reward type. If you've lost 5 pounds, don't give yourself a piece of cake as an award. Instead, treat yourself to something non-food related, like a professional massage.

BOOK OF THE

"Month"

DEATH OF A SALESMAN Arthur Miller



Penguin Classics Book on the play that depicts the great American play of an ordinary man's struggle to leave his mark on the world. Willy Loman, the protagonist of Death of a Salesman, has spent his life following the American dream, living out his belief in salesmanship as a way to reinvent himself. But somehow, the riches and respect he covets have eluded him. At age sixty-three, he searches for the moment his life took a wrong turn, the moment of betrayal that undermined his relationship with his wife and destroyed his relationship with Biff, the son in which he invested his faith. Willy Loman's dream is also a dream shared by all those who are aware of the gap between what they are and what they might become.



News You Auto Know

Arriving every month—because you are important to us!

Comments from our Clients

“I KNOW THAT MY VEHICLES WILL BE FIXED RIGHT AT A FAIR PRICE, IN TODAY’S WORLD THAT IS ONE LESS THING TO WORRY ABOUT!”

~KEVIN KEOGH

Life's Struggles

This is an age in which the struggle is for the minds of men; a struggle to create understanding and sympathy between people of different races, culture and history. A struggle in which all those who love freedom will do all they can to establish at least a powerful mental alliance among themselves against the forces of tyranny. Let us each work toward the goal that in the end we may live in peace and good will together.

We want to help you get the New Year started off right.

YOUR Choice of Gifts!

Pick any one you like!

\$25.00 off any service over \$125.00

FREE Tire Rotation

FREE pair of wiper blades with any service

\$25.00 off the purchase of our Insider's Car Care Club

All of us at Select Auto and Truck Repair would like to wish you and your family a very happy and prosperous 2010!