

## Rebuilding Your Life One Decision At A Time

“Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense.” - Ralph Waldo Emerson

Every day we make hundreds of decisions. From what we wear when getting dressed in the morning to what we eat for dinner, we're constantly choosing between options as to what best serves our needs at a particular moment. June is National Rebuild Your Life Month, and at [CPH and Associates](#), we believe you build your life one decision at a time.

While some decisions naturally require an increased level of consciousness, like when purchasing a home, or choosing an insurance provider, many of our daily choices can fall victim to habit. Healthy habits can lead to a more productive and happy life, although sometimes we neglect to regularly reevaluate our priorities to ensure our actions are in line with our beliefs.

Can you remember the last time you consciously thought about your life goals? For many, it might have been as long ago as high school or college since thinking about what you wanted to achieve or obtain. In honor of National Rebuild Your Life Month, invest in yourself and take an hour to sit down and spend some time thinking about what brings you joy and how you can incorporate more of what makes you happy into your life. Write out your top five priorities and five goals you would like to reach by the end of the year. With June marking the end of the first half of the year, this is the perfect time to dust off those New Year Resolutions.

CPH and Associates would like to express our gratitude to all of our policyholders and those in the Mental and Allied Health professions who work with individuals to help them rebuild their lives every day. Thank you for what you do!

**Author:**  
CPH & Associates