

bean there

an online newsletter from baxter bean

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Summer is here!

It is summertime and in Calgary that means playtime. With one of the shortest summers of any major Canadian city, taking a break during the summer months is likely one of the most important things you can do.

Here are 7 ways to ensure that your summer is a great one.



1] Do something different this year. Instead of going to the same cottage or following the same routine, try something different. Push yourself out of your comfort zone so that you experience something new.

2] Exercise. There is no better time to start an exercise routine than in the summer. When the weather is warm our muscles feel better and we will exercise longer and with more effort. The net result will be a faster fitness improvement and a better mental perspective on the value of exercise.

3] Read a good book – and not necessarily a business book. Read a book that will take you away from your normal routine and cause you to dream.

4] Re-invent yourself. If you are bored with who you are it may be time to create a “new you”. Reinventing yourself is one of the most powerful ways to hang on to your youth and to ensure sustainability. Summer is a great time to explore the “inner you” and set new goals and objectives.

5] Clear your head. In today’s fast paced business environment many of us never get much of a chance to take a breath. Taking two weeks (three is better) to clear your brain and get refocused on the important things in life is well worth the effort and there is no better time to do this than NOW!

6] Celebrate. Take the time to celebrate your victories, buy a new toy, play with your friends and enjoy life. It may sound simplistic, but many of us never get a chance to enjoy the fruits of our labour.

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Quotable

I see, I forget.
I hear, I remember.
I do, I understand.

- Chinese Proverb

7] Sleep in! If you have worked hard all year do yourself a favour and sleep in – sleep late and have a coffee in bed. Too often we fail to enjoy the little things in life and simple as they may be, they are truly the benefits of hard work.

Try any or all of these ideas and most of all, have a great summer!

Cheers,
Chuck

Chuck Bean is president of Baxter Bean. To contact Chuck, e-mail him at chuck@baxterbean.com or call him at 403.703.9525.

For more about our programs and services, visit www.baxterbean.com.

Baxter Bean a sponsor of Bright Minds in Business

This year's Martini May Annual Fundraiser for the Bright Minds in Business was a roaring success. And Baxter Bean was there as a sponsor and even helped celebrate the event with a fun new cocktail called the Beantini.

Bright Minds in Business is a networking group of entrepreneurs, professionals & innovators which has evolved and grown since 2003.*

For more, the Bright Minds in Business web site is www.bright-minds.org.

** Text taken from the organization's web site*

Brain Candy

Can you spot the fake smile?

The BBC web site has an experiment set up online to see if you can tell the different between a real smile and a fake smile. Check it out now and see if YOU can spot the fake smile. <http://www.bbc.co.uk/science/humanbody/mind/surveys/smiles/index.shtml>

Want to Learn More from Baxter Bean?

Now is your opportunity to receive a 1 hour free assessment from Baxter Bean. This free service - no hidden fees, or sales pitch, will give you a chance to see what we can do for you.

To sign up for this opportunity, please e-mail Baxter Bean at info@baxterbean.com and reference the **June 2007 E-zine 1 Hour Free Assessment Offer**.

We look forward to hearing from you.

The small print

If you have any questions about our newsletter, please contact Baxter Bean by e-mail at info@baxterbean.com or call us at (403) 283-2225. For more information about Baxter Bean, please visit our Web site at www.baxterbean.com.

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