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5 Habits to Give Up to Become Really Wealthy

According to Steve Siebold, author of *How Rich People Think* and T. Harv Eker who penned *Secrets of the Millionaire Mind*, there are several things you should stop doing right now to adopt the thinking, philosophies & strategies of the super wealthy. Here's what to stop doing:

1. **Saying Yes to Everything** - One of the top traits of the wealthy and successful is the ability to say no to things that don't line up with their goals. Billionaire Warren Buffet says, "The difference between successful people and really successful people is that really successful people say 'no' to almost everything."



2. **Staying Comfortable** - The average person thrives on staying in their comfort zone. Wealthy people like a challenge and don't mind stepping outside their "safe zone."
3. **Buying Things You Can't Afford** - Rich people look for multiple streams of income but the average person spends what they earn. Learn to put your money to work and create other sources of income. Put the power of compounding interest to work today!
4. **Negative Thinking** - "Your entire life is created by your thoughts - and then your language," according to self-made millionaire Grant Cardone. The ultra wealthy chose words that exude positivity, such as "great," "super," "wonderful," and "incredible."
5. **Not Having Goals** - If you plan to be among the wealthy, you must have clear, specific goals and plans of how you'll get there. T Harv Eker says, "The number one reason most people don't get what they want is that they don't know what they want."

Source: CNBC

Want to Actually Enjoy Exercise?

For most people, workouts are something we dread and can't wait to get over with...or we skip all together. Yet, most people also admit that exercise prolongs life span and dramatically improves the quality of life.

Recently, there has been a focus on high intensity exercise. However, people who focus on the intensity of their workouts report not being happy over the long term and even being discouraged from continuing an exercise routine.

A new study published in PLOS One found that a focus on length of time of a workout, rather than on intensity, likely increases enjoyment and participation. The study also found that those who exercised outside found it to be "less strenuous" even though it was the exact same level of intensity as the indoor workout. Mood levels were also greater for those who exercised outdoors, even though they performed the same level of intensity and duration of workout.

According to the study, those who had walked indoors were happier and more relaxed than those who spent the time sitting and using a computer or chatting for several hours.

So in order to enjoy your work out more, focus on length of your workout over intensity and, if given a choice, exercise outdoors. Lastly, always choose exercise over screen time. If you feel like chatting, take a stroll while you talk in person or on the phone.

Source: New York Times

Best Way to Boost Your Productivity

Why does it seem like the best way to get to everything on



your list (e.g., that last minute project, exercise, grocery shopping, responding to all your e-mails) requires more waking hours than you have in a day?



A new study from the American Academy of Sleep Medicine found that the answer to getting more done is actually getting more shut eye! Even an additional 30 minutes of extra sleep each night can make a tremendous difference in your productivity.

The study looked at 17 professional baseball players. It tested their cognitive abilities, daytime functioning and response time after having 6.3 hours of sleep. The same players then slept 6.9, an extra 30 minutes, for five nights. Their score in every category increased, including a 13 percent increase in cognitive processing speed. And, fatigue, tension and daytime sleepiness decreased by one-third.

Bottom line is that you need extra sleep to effectively tackle that to-do list!

Source: Pure Wow

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