

17 March 2003

# **“If you don’t know where you’re going, you might not get there.”**

**—Yogi Berra**

Dear Friend,

Is this the year to ‘zoom out’ and take a ‘big picture’ look at your life? Where are you today? Where do you want to be in one year ... five years ... ten years?

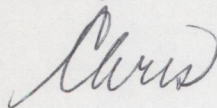
The tyranny of the daily grind can dominate life, leaving little room to pursue ambitions and desires. Instead of resolutions—quickly made and quickly broken—take the time this year for a deeper evaluation of your aspirations and postponed dreams. Goal-Writing is a powerful tool that can enable you to achieve them.

Putting your goals into writing gives you long-term perspective and short-term incentive. Developing a written plan defines your goals, breaks them down into attainable steps, and puts you in charge of daily progress.

Research demonstrates that individuals who follow their dreams by means of a well-thought-out plan work harder, suffer less stress and experience more joy in living. That is especially true of those who set goals in all areas of life—family, career, health, social, educational, and spiritual.

I hope the information contained in the attached article will inspire you to be more intentional in striving toward goals you value. And for the exercise component of your health goals, I’m pleased to provide a special offer from All Star Fitness. All Star Fitness will be opening a new \$10 Million facility in Woodinville this summer; they currently have facilities in West Seattle, Queen Anne and Downtown Seattle. I have a 30-day family pass for you for any facility – use it now for the Seattle sites or wait until the Woodinville site opens, whatever works best for you. Just call me for your free pass to cardio equipment, circuit training, free weights, 25-yard lap pools, Jacuzzis, dry heat saunas, water aerobics, fit ball, yoga, Pilates, kick boxing, step classes, spin classes, classes specifically for seniors, women’s only workout rooms, kids clubs, and lots more (like the 34-foot rock climbing wall in Seattle and the basketball court coming to Woodinville).

Sincerely,



**Oh, By the Way...** whenever you come across people who are thinking about buying or selling a home and would appreciate the excellent service that I’m committed to, please call or email with their name and telephone number. I will gladly follow up and help them in every way that I can!

Christine Estes 206-910-7926 mail:CEstes@Windermere.com web:ChristineEstes.MyWindermere.com  
*This is not intended to solicit property already listed.*

**Windermere Real Estate/S.B.A., Inc.**

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