

**Practice Law 4: To Reach Any Significant Goal, You Must Leave Your Comfort Zone**

People have a natural tendency to gravitate to places where they feel comfortable, safe, and secure. When you set growth goals you must forsake these old comfortable patterns. Most goals are in direct conflict with the status quo. But remember, if you were happy with the status quo, you wouldn't be stretching for more. How can you push yourself out of your comfort zone and closer to reaching your goals this month?

**Begin Spring Cleaning**

Whether you prefer to clean in the spring, this is the time to roll up your sleeves and dig in. Plan each step in your planner so you aren't overwhelmed – from cleaning ceilings, to kitchen cupboards, right down to the tiny nooks and crannies.

**Spend Time in Nature**

The weather should be warming up, making this a great time to go on a walk, plan a picnic, or visit the park. However you decide, the most important thing is to get out and soak up nature.

**Schedule Appointments**

We all have appointments that are important but we procrastinate making. Go see your doctor or dentist, take your pet to the vet, or get the oil changed in your car. Even if you have to schedule these on a day far in the future, get a date set and in your planner.

**Get The Garden Ready**

In many regions this is a great time to plant bulbs and seeds. It may still be cool, but the flowers will grow as soon as warmer weather arrives. Look back at your plan from last month and plant accordingly. Take note of any changes so you can keep track of your garden throughout the year.

## MY FOCUS FOR THIS MONTH

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### KEY DATES

- 1 April Fool's Day
- 3 National Walking Day
- 7 World Health Day
- 9 (Eid) al Fitr Begins
- 10 National Siblings Day
- 11 National Pet Day
- 14 National Gardening Day
- 15 Patriots' Day
- 18 Tax Day
- 22 Passover Begins
- 22 Earth Day
- 24 Administrative Professionals Day

### WEEKLY OBSERVANCES

- 1-7 National Public Health Week
- 7-13 National Library Week

### MONTHLY OBSERVANCES

- Financial Literacy Month
- National Poetry Month
- Stress Awareness Month