



## Upcoming Events

# CALENDAR



## FEBRUARY

- 2 Groundhog Day
- 12 First Class Club Day – Join us for coffee and treats from 9 to 11 AM. Bring your documents to shred until 4 PM.
- 14 Valentine's Day
- 17 Presidents' Day
  - Bank location closed

## MARCH

- 5 Ash Wednesday
- 9 Daylight Saving Time begins
- 14 National Pi Day
- 17 St. Patrick's Day
- 20 First Day of Spring

Happy New Year!

I hope this message finds you in good health and happiness in the new year. It makes me think of this quote and that every morning we wake up is a good day!

“Write it on your heart that every day is the best day in the year.” –*Ralph Waldo Emerson*

We are never too old to start a new hobby or try something different. What is something you'd like to try or do this year?

“You are never too old to reinvent yourself.” –*Steve Harvey*

Do you have a dream this year? A dream that you are working on or have yet to fulfill?

“Go confidently in the direction of your dreams.” –*Henry David Thoreau*

Peace and joy to you in this new year, and as always, I enjoy seeing your smiling faces come into the bank!

*Heather*



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## 10 TIPS FOR STEPPING INTO THE NEW YEAR

1. **Avoid hitting snooze:** Embrace the “5-Second Rule” to jumpstart the day.
2. **Lead with optimism:** Smile first thing to set a positive tone.
3. **Be intentional:** Energize yourself with uplifting music, self-care, and confident attire.
4. **Make your bed:** Begin your day with a small accomplishment.
5. **Move your body:** Incorporate movement to boost circulation and energy.
6. **Incorporate nature:** Add natural light, greenery, or fresh air for a serene start.
7. **Ground yourself:** Take a few minutes for mindfulness or planning.
8. **Hydrate:** Start your morning with a glass of water, potentially with lemon.
9. **Eat a nutritious breakfast:** Fuel up with a protein-rich meal to sustain focus.
10. **Get a head start on goals:** Plan or complete an early win, like a workout.