



Carefree® Fresh Start Guide

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Wishing you could make a fresh start, but nervous about taking that first step?

Whether the opportunity for a fresh start is dropped in your lap or planned, it is rarely an easy journey toward reaching your goals. That's why the makers of CAREFREE® and the change experts at First30Days.com have come together to share 10 tips to guide you through your fresh start and help you live the life you've always wanted.

1. Let go of the past. What's done is done, and it's time to start looking towards the future. If runaway emotions have you stuck in the past, ask yourself these two basic questions: "Where am I now?" and "Where do I want to go?" You can glide over your rough patches faster by staying on course and directing your focus to your final goal.

For example, say you'd like to drop a few pounds. You could stay stuck in the past by listing all the reasons you've become overweight. Or, you could list out a series of steps to help you get where you want to go.

2. Carpe Diem – Seize the day. When the chance for a fresh start falls in your lap—i.e., you lose your job after just closing on a house...and, by the way, you're pregnant—your first inclination might be to curl up on the couch with a pint of chocolaty goodness. But the couch-potato act isn't your best option. Or, maybe it's ok for a little while. But then, you need to pick up the pieces and seize the day. Instead of looking at your current situation as another one of life's challenges, think of it as an opportunity for your fresh start.





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3. Change your mindset. Fresh starts and new goals tend to pull you out of your comfort zone, so you have to believe in your heart, deep down, that it will work out. Don't let your anxieties and insecurities convince you that a fresh start is impossible. If you are so afraid of failing that you literally become paralyzed, you are only sabotaging yourself. Try to think of change as positive – you never know what could be waiting around that next turn.

4. Flex your fresh-start muscle. When you were young, you switched schools, moved to a new city, or even shed the baggage of Mr. Refuse-to-Commit. See! You have the skills you need to survive making a change, now just start flexing them. With every success, it grows stronger and offers proof that you can and will reach any goal.

5. Take baby steps. It's easy to get discouraged and give up when you have a monstrous goal sitting in front of you like – losing 50 pounds or starting your own business. That's why you need to break it down into baby steps and set some mini-goals for yourself. Once you realize you can conquer these smaller tasks, you'll be well on your way to reaching your end goal. How did the ancient Egyptians build a pyramid? One brick at a time.

6. Ask for help. Faced with your fresh start, there's no faster path than surrounding yourself with helpful people—family, friends, co-workers or anyone else who will listen, support and encourage you. Whatever your situation, there is always, always, someone to help. Share the details, then sit back and wait for the encouragement and advice to start flowing. Everything is easier when you do it with someone.





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7. Let go of fearing the unknown. If you're having trouble accepting change, think of life as a moving current. Resisting the flow is like rowing upstream when everything you need is in the other direction. Stop fighting, relax, and let the current carry you along. And no grabbing rocks! Resisting change only makes it more difficult. In other words, stop trying to control everything and let go already! We were born to adapt—look at how easily you change your wardrobe based on the season's hottest looks.

8. Slay those demons of negativity. There are six anti-fresh start emotions that tend to show up during times of newness: fear, doubt, impatience, shame, blame and guilt. When one or more of these negative emotions comes up, take a moment to check yourself in the mirror – you can also check out how good you look - and replace each negative emotion with a better, more positive emotion. Replace fear with faith, doubt with surrender, impatience with endurance, blame with honesty, guilt with forgiveness, and shame with honor.

9. Give yourself a fresh start against "comparison sickness." Women compare everything: jobs, appearances, kids, homes, financial status...the list goes on. We ask ourselves ridiculous questions: "Why is her life so much better than mine?" Or we think absurd thoughts: "If I had her money or husband, this new fresh start would be easier." (Right, NOT! But, you think it anyway, don't you?) Looking at someone else's life does nothing to help you with yours. Spend your energy on something more constructive and graceful like your own fresh start toward your new goals.





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10. Good things come to those who...work at it. Repeat after me. "It'll all work out for the best."

That may be one of those annoying things people say just to make you feel better, but when it comes to starting fresh, it's true. Whatever fresh start you want to make will lead you toward a brighter future. It may not happen the way you imagine it, à la Prince Charming, a corner office or a four-bedroom house in the suburbs, but get started toward your goal, and you are sure to be happier in no time.

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