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4 Tips for Creative Change in the Yard

Your yard is your castle. When it feels good, so do you. You can visualize things just the way you want them. Now if you could just get up off the couch!

Ready for success? Match your strategy to these winning tips:

- 1. Create and maintain clear priorities.** You'll have all the resources you need when you stay focused on your most important project first. This is your tip if you hear yourself say:
 - Who has time? There's way too much to do.
 - We can't afford that tree. It's too expensive.
- 2. Focus on factors you can influence.** You live in Zone 3, where "perennial" is a foreign word. So what about a greenhouse? There's something to impact in nearly any challenging situation. You'll benefit from this tip if you say:
 - My mother had a brown thumb, too. It's genetic.
 - I'm too old to work outside anymore.
- 3. Stay objective.** Watch your perspective. Would a fly on the wall interpret your situation the same way you do? Or are you bogged down by resignation, apathy, or denial? This is your tip if you often say:
 - Why bother raking? The leaves will just blow in from next door.
 - Maybe we should clear up that boggy area. It might breed mosquitoes. I just don't know...
- 4. Learn everything you can about your challenges.** Is it really impossible? Or are you simply under-informed? Lack of information is one of the biggest obstacles to effective action. This tip is for you if you say things like:
 - Dead-head ... is that some new rock group?
 - Who needs support for something this simple? I should be able to handle it myself.

Healthy living expert Elizabeth Eckert is the author of *Word Cures: How to Keep Stupid Excuses from Sabotaging Your Health*. Get more tips at www.WordCures.com.

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