

"To assist Members as they protect and serve taxpayers."

Surviving Tax Season

"One Hour at a Time."

Supposedly, that's what philosopher Voltaire answered on his death bed when asked, if he were given 24 more hours to live, how he would live them.

One hour at a time. None of us needs more than that, which is good, because that's all we're given. This week's tip is to work in the current hour and not fret about the past one nor stress about the next one. Didn't get something done that you needed to get done? Well, check your watch: it's **now o'clock**, and if you have a task that needs to be done, this is exactly the time you set aside to do it. Next hour, pick one thing that needs to be done - the completion of an unfulfilled task or the beginning of a new one or that walk you've been promising yourself - and use the hour you've got.

You can't move a ton of granite with your bare hands - but you can move a ton of pebbles, one at a time. See your tasks as pebbles and not as a monolith. Concentrate on one thing at a time, work in blocks of one hour at a time, and your day and your tasks will go faster and with less stress. Remember to set aside a few minutes every so often for daydreaming, goal-setting, reflection, or just to "rejoin the real world" by stretching your legs, saying hello to your family or colleagues, or to walk around the block and smile at everyone you see. "Obstacles are what we see when take our eyes off our goal" - Vince Lombardi. Keep your eyes on your goal... one hour at a time!



Welcome Newest Members of the CSEA 2.2% Club... Enrolled Agents Larry Anderson (Golden Gate), Jana Denegri (North Bay), Fouad Jarrous (San Gabriel Valley), Teri Leveille (Orange County), Andy Stamatelatos (South Bay), and "Uncle Fuzzy" (Sacramento Valley). Stay strong, stay healthy!

There are 1,440 minutes in a day... If you exercise your body and mind for only 32 minutes a day, you're using only 2.2% of your day to improve your mental and physical health! Take YOUR pledge to maintain the fitness requirements of the **CSEA 2.2% Club** by emailing Cliff Weimer, CSEA Communications Coordinator, at cweimer@csea.org or clicking on that **"Join the CSEA 2.2% Club!"** logo. Members of the club get special emails! And please—keep your own health tips coming! **AND ITS NEVER TOO LATE TO JOIN THE CLUB!**

**Join the
CSEA 2.2%
Club!**

The new **HEALthy, WEALthy, & Wise** portion of our [website](#) — compiling all the tips we've published here — is now online in the Resources area!

We're committed to you – and want to see you **HEALthy, WEALthy, & Wise** – so you'll be getting this weekly reminder throughout the tax season with tips, suggestions, and reminders so that come April 16 you'll be in good shape mentally, physically, and psychologically!