

BABY STEPS; AWESOME RESULTS!

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**BABY STEPS; AWESOME RESULTS!**

**By Jennifer Minar**

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Whether you want a fitter body, a calmer mind, a raise at work, or a more prolific writing career, there's no more popular time than now to make life-changing resolutions. But how do you keep from falling short of your goals at the end of the year? You may want to try Kaizen, the Japanese art of making changes so small they may sound absurd.

The Kaizen concept is concerned with gradual improvement in the processes involved in attaining a particular goal. It's a slower process than which we are accustomed, but has been shown to make our results longer lasting.

For example, a dieter who wants to lose thirty pounds this year could begin by committing to exercise ten additional minutes a day. Someone who wants to improve his financial situation would do well to commit to saving an extra \$10 each week. According to Kaizen, these changes, though relatively small, add up--and because they're easily attainable, you are much more likely to stick to your goals.

"It is the magic key to getting where you want," Joanne Mansell, founder of Australia-based Kaizen Coaching, told Writer's Break. "Kaizen is to your life what compound interest is to your finances."

Would you like to write a novel's first draft by next December but have trouble devoting time each day to reaching your goal? Are you intent on selling more articles in 2004? If so, here are a few incremental changes you may want to consider:

- Add ten-minutes of writing time to each day. For example, if you normally write thirty-minutes a day, write for forty. If you write zero presently, write ten.
- Research one new market each week.
- Read half of a writing-related article each day.
- Spend 15 more minutes a week networking.

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- Brainstorm article ideas for 5 minutes a day.
- Each day, read two paragraphs from that writing book you just bought.
- Write one additional chapter of your novel–in–progress each week.
- Spend ten minutes a day cleaning your writing area and organizing your files.

You may want to try a few of these, or think of changes that better fit your needs. The idea is to think big but to start small. You're full of optimism right now and you're setting big goals, but don't lose perspective. Your life will become busy and it's all too easy to place your goals on the backburner

where you will not think of them again for days, weeks, or even months. The idea is to begin implementing them now, in small increments.

Once you find these small commitments have become a habit, you may want to implement small increases. Ten minutes may be traded up for fifteen, one chapter may become two. Just remember, little things will add up and morph into bigger things.

Here's to accomplishing big things in 2004, little by little.

Jennifer Minar is a freelance writer in the writing and health & fitness markets. She is also the founder & managing editor of *Writer's Break* <http://www.writersbreak.com>, a web site and ezine for fiction and creative non–fiction writers; and *Industry News @–a–Glance*, an ezine for the retail pharmacy industry.

### **What Should You Consider When Choosing Baby Clothes**

**By Amy Fadden**

Are you expecting a baby? You might be tempted to buy baby's clothes, although you know most of the time baby will always sleeping and crying during their first months, which obviously don't need fancy clothes to wear. But still you find dressing your baby with cute outfit will be an unforgettable moment.

You will find various kind of cute baby outfit. Dresses, jumpers, pajamas, and swimsuits are popular baby clothes most parents would like to have. Colors choices can be anything, but mostly baby girl wear pink color and baby boy wear blue color. But do not think, however, that this is the only color in which you can find for baby clothes. You can find baby outfits in almost all other colors.

The designs are also awesome for baby. You can find several designs, featuring flowers animals, toys, etc. You can also find many several pieces from brand name designers. Basically, baby clothes are not really expensive. But when it comes to branded baby clothes, you may find that they are rather expensive in comparison to lesser–known manufacturers of clothing. Though they may last a little bit longer, you will have to decide if the name on the label really justifies the price difference.

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People spend a large portion of income on clothes, include for their baby. But, since babies are growing, you are unlikely to get as much use out of this clothing as you would like, right? So, you need to buy baby clothes carefully and hopefully it will last long although not from branded name.

Here is what you should consider when buying baby clothes:

- Choose baby clothes with an ease of changing where you can change it anytime.
- Make sure that the clothes have an easy access for diaper changes as well.
- Try to get clothing with a stretchy neckline or those having a snap to widen the opening, as it will facilitate the changing of clothes. Clothing with snap crotches is great for diaper changes.
- In addition to ease of changing, it is also important to consider the location of decorative items like snaps, buttons etc. verses baby's comfort.
- You should give a thought to how the baby will be laying on these decorative items of clothing and how these accessories may be annoying.
- Prepare for a set of long johns for winter so that you can keep your baby warm.

If you want to save money, and also knowing that your baby will grow rapidly, it's okay if you consider to buy used baby clothes as long as it still good and clean. You can also sell your baby clothes at the thrift stores or directly to other parents who are looking for baby clothing after you realize that your baby has grown up bigger.

Amy Fadden, author of "Newborn Guide, Nursing A Baby in Its First Month." Visit her Website

and

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