

**September 2016 - TOPS Norfolk and Bristol Counties**  
**Gail Lewis - Area Captain**

**THOUGHT for the Month:**

Barbara P and Kay gave me this about a year ago - I am going to share it with you now.....

**NEVER QUIT** - If you fall.....get right back up!!! It doesn't matter what you did yesterday. **TODAY'S A NEW DAY**. It's up to you to get back on track. It's up to you to move closer to your goals and dreams. **YOU CAN DO IT!!!**

**INSPIRATION WORKSHOP - October 8, 2016**

We have a location for the next inspiration workshop. We are going back to Faith Chapel - Assembly Of God - 340 Pleasant Street in Bridgewater. We have been here twice before - it's about 2 miles off Route 24 in Bridgewater. It's pretty easy to get to - hope all can attend.

**FALL RALLY - October 22, 2016**

Fall Rally is just around the corner - are you planning on coming? Taunton 439 led by Deb McGuire, are hosting the event at the Double Tree Hotel in Leominster MA. Forms are due so get them in as soon as possible. Hope to see you all there. Let me know if you need any additional information.

**CHAPTER AUDITS**

I forgot to attach this form last month. Here it is this month (attached). I'm not able to reprint on this newsletter, but if you have a hard time printing, let me know and I can copy it for you and send in the USPS mail. Please have your treasurer complete and send to me. Thanks!!

**JUST A REMINDER**

I STILL NEED YOUR CHAPTER BYLAWS. Let's see if we can get them updated before the end of the year. Thanks a lot.

**JUST ANOTHER REMINDER**

When our Regional Director, Judy Pettit, was at SRD this past April, she presented to all chapters her challenge from this year's SRD to next years SRD. All chapters received the challenge. How are you progressing? Do

you need the challenge sent again? Let me know - let's all stay focused and on board for this!!! Thanks

## **INSPIRATION**

Here is the latest from TOPS about goals - Goals are not just for January - we can set goals any time and any season. Read on.....

Every season we switch gears and prepare for a new time in the year. After a busy summer, it's important to take the time to think about your goals, refocus and maybe even set a new goal for the fall. Taking the time to focus on your fall goals will help you start the new season off on the right foot. Head into these next three months knowing just what you'd like to accomplish.

### **Keeping the Focus on Your Fall Goals**

- Don't bite off more than you can chew. Set one to three goals for yourself and focus on those. As you achieve them, you can add new goals.
- Create a plan. Having a plan of how to achieve your goals will make them easier to stick to.
- Tell a friend. Sharing your plan and goals with another person who is supportive of you will encourage you to keep going.
- Keep going. Sometimes we lose focus and that's normal. But don't let it stop you. A bad day, week or even month doesn't have to stop you. There is no rule that says you have to start a goal and finish it without being derailed.
- Have fun with it. If you have a goal to be active three times a week, try including something seasonal in the mix. There are a lot of fun fall activities to keep you active. For example, head to a pumpkin patch or apple orchard for some picking but skip the wagon and enjoy the walk.

That's it for September. Let me know if you need anything.

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