



## **Refuel, The word of the month.**

As so many take the time in preparing for a new year by making resolutions, reviewing business and strategic plans, this is a reminder to schedule time to refuel.

We all are pulled in many directions and sometimes forget to take a minute to identify the little things that bring us joy and fill our tanks. This month, I thought I would share an article: [How to Appreciate the Little Joys That Give Life Meaning \(happify.com\)](https://www.happify.com) hoping it motivates you to carve out a few minutes to visit what brings you joy and refuel.

Refueling, is taking time to be mindful. Taking in little pleasures and accomplishments broadens our perspective and builds our resilience. This works in both our personal and professional lives. This month I encourage you to take a minute and reflect on the little things that renew your energy and help to make you more productive and a better you.

Refueling, can also mean reaching out to your peers, mentors, and partners. After experiencing the pandemic for the past two years, it might just be a good time to revisit relationships and reach out to your NIIA community. We are independent, but we are not alone. The relationships developed among our members and partners are priceless. The resources and tools provided to our agents is a great way to energize your agency and develop innovative programs without reinventing the wheel.

Refuel your agency by reaching out to [membershipservices@niiia.org](mailto:membershipservices@niiia.org) or call me at 775-499-5844 to review resources and reimbursement programs available to you as a Trusted Choice® Agent. Let us do the work and fill up your tank with membership benefits that bring you value.

I am looking forward to hearing from you.

Nevada Independent Insurance Agents empowering Trusted Choice® Independent Insurance Agents.

Respectfully,

Susan Bauman, NIIA Executive Director