



March Forth this March! *By THE GOALS INSTITUTE*

March is a great month for restarts, new beginnings, and revitalizations.

This is the only month that is a command. The command is March! When we march, we move forward, make progress, and put one foot after the other to move from what was to what will be.

The beauty of March is it comes just as we are getting out of the winter doldrums and we have not yet arrived at the full freshness of spring. It is the perfect month to clean out clutter, line up goals, strike out procrastination, and begin boldly. It also is a time to revisit those resolutions we made for the New Year and restart them, if needed.

Of all the days in March, March 4th is an extra special day because that day commands us to March Forth!

Use this month and this special day to get yourself going and on March the 4th, give it your all!

- March forth to better health with a solid exercise program and a life-healthy diet.
- March forth to make progress on your most important goals.
- March forth to pursue the dreams you have been dreaming.
- March forth to clean out clutter, simplify your life, and energize yourself.
- March forth to cast off negativity and despair and fill yourself with hope.
- March forth to help others in need.
- March forth to take care of those house repairs you may have been putting off.
- March forth to be grateful for all of your gifts and successes.
- March forth to the life of happiness you want and deserve.

On the next page is a *March 4th!* poem to bolster your enthusiasm this month.

Make this month an extra special new beginning for the rest of your life. March forth this March. And on March the fourth, really go at it!

March 4th!

March Forth! is a magic and bold stirring call,
March 4th on the calendar is a day for us all.

March Forth! with renewal and lift up your heart,
March 4th is the day to have a fresh start.

March Forth! to achieve and become all that you may,
March 4th ignites fire like no other day.

March Forth! and cast off the chains of the past,
March 4th is here now, but the hours won't last.

March Forth! in greatness and know that it's true,
March 4th is a day for us to begin again anew!



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