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**THE CANADIAN HIGHWAYS NETWORK**  
[www.canadianhighwaysnetwork.ca](http://www.canadianhighwaysnetwork.ca)  
 Drivers updating drivers  
 24-7-365 days a year

**BRAKE CHECKING** is an illegal action. It is when a driver ahead of you deliberately and unnecessarily brakes hard in order to force you to take evasive action or to cause you to run into the back of them.

**WHY DOES THIS HAPPEN?** It generally happens in a road rage or aggressive driving incident and is not an approved driving maneuver. It could also be a means of committing insurance fraud.

**WHO IS AT FAULT?** Most brake checking accidents happen out of road rage, anger and impatience. Sometimes it involves new drivers brake checking their friends to tease or joke with them and in the process this causes a serious collision.

Regardless of the context, brake checking is intentional. This means it is easy to know who was at fault when the accident happened. Although this may sound easy as far as the law is concerned, the blame can still fall on either of the drivers.

The context of the car accident plays a big role in determining who is to blame. Were both of you driving aggressively? Tailgating is also illegal so it may become their word against yours. A dash-cam is a great way to ensure you can prove who was at fault. Capturing all of the footage and providing it to authorities is highly valuable.

The Canadian Highways Network.  
[www.canadianhighwaysnetwork.ca](http://www.canadianhighwaysnetwork.ca)

LIP LIP	MINUTES MINUTES MINUTES MINUTES MINUTES	Life LIVE LIVE
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IT'S NEW YEAR'S... WHAT'S YOUR RESOLUTION?

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# The AROUND TOWN

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HAPPY NEW YEAR!

January 6, 2021



Every year, millions of people make New Year's resolutions, hoping to spark positive change. The recurring themes each year include a more active approach to health and fitness, improved finances, and learning new things for personal and professional development. 2021 is here and these are the top resolutions people make:

- Exercise more
- Learn a new skill/hobby
- Quit smoking
- Lose weight
- Live life to the fullest
- More family time
- Get organized
- Save money
- Read more

Happy New Year!!!

Goals 2021

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# KEEPING NEW YEAR'S RESOLUTIONS

Chances are at some time in your life, you've made a New Year's resolution — and then broken it. Most of us have. This year, stop the cycle of resolving to make change and then not following through. If your resolution is to take better care of yourself and get healthy, you will have a much better year if your resolution sticks. Here are ten tips to help you get started.

## 1. BE REALISTIC

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

## 2. PLAN AHEAD

Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31st arrives.

## 3. OUTLINE YOUR PLAN

Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your "bad behavior" will affect your goal.

## 4. MAKE A "PROS" AND "CONS" LIST

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

## 5. TALK ABOUT IT

Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year's resolution and motivate each other.

## 6. REWARD YOURSELF

Celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution.

## 7. TRACK YOUR PROGRESS

Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated. Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

## 8. DON'T BEAT YOURSELF UP

Do the best you can each day, and take one day at a time.

## 9. STICK TO IT

It takes 21 days for a new activity to become a habit and six months for it to become part of your personality. It doesn't happen overnight, but it does happen if you are consistent.

## 10. KEEP TRYING

If you have totally run out of steam when it comes to keeping your resolution by mid-February, don't worry. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.

~ With the Spirit ~

"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."

- 2 Corinthians 5:17



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# NEW YEARS I SPY



Find them all!



WUZZLE PUZZLE ANSWERS: 1. Tulips 2. Back in five minutes 3. One Life to Live 4. First Thing in the Morning 5. Go Through the Motion 6. The Coast is Clear

HAPPY NEW YEAR!