

FEBRUARY 2015 MONTHLY CHECKLIST



February is American Heart Month. Schedule an appointment with your physician to start the conversation about being “heart healthy.”



Give your filing cabinets a shakedown. Purge unneeded documents and start anew for 2015.



For Valentine’s Day, give the one you love the gift of life insurance. Schedule a 360 Review® today with your Texas Farm Bureau Insurance Agent to learn about all the ways life insurance can benefit you and your loved ones.



Skip supermarket bouquets and give her a rose garden instead this Valentine’s Day.



Feb. 17 is Random Acts of Kindness day. Take a dozen cookies to your local first responders for a quick and yummy thank you.



Host a DIY Super Bowl party. Do pushups or crunches for every point scored to keep up with your New Year’s resolution.



Take your car in for a checkup. A tire rotation now means safer driving tomorrow.



New studies show it takes an average of 66 days to create a positive habit. Pick a habit you’d like to make or break and begin committing it to memory today.



Before spring storms hit, consider adding an extra layer of protection to your home by installing storm windows.



Member benefit of the month: Texas Energy Aggregation

Those summer temperatures are just around the corner! Shop and save with Texas Energy Aggregation to compare prices on electricity in your area, including special Texas Farm Bureau Member discounts.