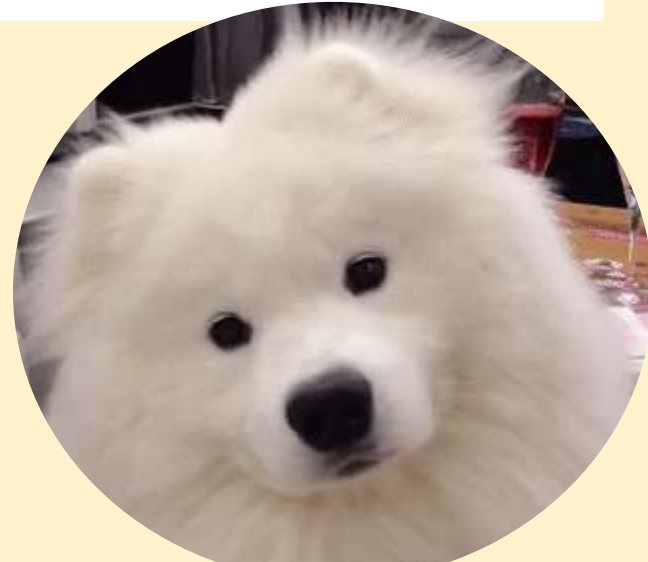




MORNING BREW

Week of January 25th

Review of the Week!!




Brew's Bookshelf



[Link to website](#) - recommended business-related books

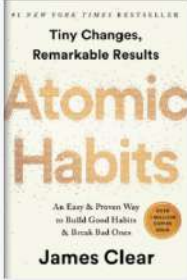
January 2021



Read This for Inspiration
by Ashly Perez

Pick up this collection of illustrations and bite-size nuggets of wisdom and encouragement to find daily motivation and inspiration.

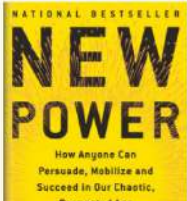
[Buy Online →](#)



Atomic Habits
by James Clear

Learning new habits and kicking bad ones starts one day at a time.

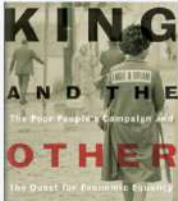
[Buy Online →](#)



NEW POWER
by Jeremy Heimans, Henry Timms

The digital era has moved the locus of power, and Heimans and Timms explore the new rules to follow for success.

[Buy Online →](#)



King and the Other America
by Sylvie Laurent

In 1968, MLK helped organize the multiracial Poor People's Campaign. One historian takes a closer look at the movement's successes and what progressive causes can learn from it today.

Brew's Bookshelf

The Brew's favorite business-related books, published every month.

 [Morning Brew →](#)

Select Month

January 2021 ▾

Filter by Tag

[Personal Development](#) [Psychology](#)

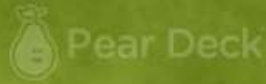
[History](#) [Leadership](#) [Econ](#)

[Finance](#) [Tech](#) [Retail](#)

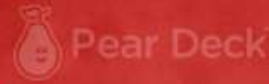
[Entrepreneurship](#) [Bio](#) [Fiction](#)

Do you think a 1% change in your daily habits matter?

Yes



No



Students, drag the icon!

One of my favorite books is Atomic Habits by James Clear

The answer is yes, a 1% change in your daily habits do matter.



“Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity.”

10 Things This Book Will Teach You to:

1. Build a system for getting 1% better every day.
2. Break your bad habits and stick to good ones.
3. Avoid the common mistakes most people make when changing habits.
4. Overcome a lack of motivation and willpower.
5. Develop a stronger identity and believe in yourself.
6. Make time for new habits (even when life gets crazy).
7. Design your environment to make success easier.
8. Make tiny, easy changes that deliver big results.
9. Get back on track when you get off course.
10. And most importantly, how to put these ideas into practice in real life.

Did you make a New Years Resolution? Are you still keeping up with it?

What is a new habit/action you need to focus on to reach your goals?

ANSWER THIS

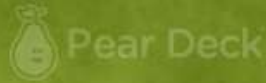


Students, write your response!
and much more.

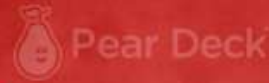
Pear Deck Interactive Slide
Do not remove this bar

***Do you like to read for fun or
listen to podcasts?***

Yes



No



Students, drag the icon!

**What is up with
gamestop, the stock
market, and
robinhood?**



**- Check out stories in
the morning brew to
find out!**

**(nothing to answer, just
explore!)**

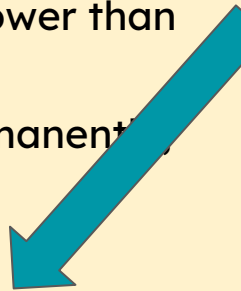


Covid's impact on restaurants

Last year, restaurants tried everything from transforming sidewalks into outdoor dining rooms to becoming delivery-only ghost kitchens to partially offset their pandemic losses. But the National Restaurant Association reports 2020's challenges still set industry sales growth back to 2014 levels.

What's the damage? In the National Restaurant Association's survey of 6,000 food service operators, it found restaurant sales totaled \$659 billion last year. That's \$240 billion lower than the pre-pandemic projection of \$899 billion.

- More than 110,000 dining establishments closed in 2020, either long-term or permanently, eliminating nearly 2.5 million of 12 million industry jobs.
- 87% of full-service restaurant revenues dropped an average of 36% in 2020.



What changes have restaurants made due to covid? Do you think they will keep any of the changes after covid ends?



Students, write your response!

Reflect - What is something interesting that you found in the news this week? You can include something you want to learn more about too!



Students, write your response!

Checklist of Things to do now....

- ☐ Spend time reading/organizing/replying to your emails
- ☐ Complete/correct any assignments from this week.
- ☐ Close this window when you are done, all of your work you have done is saved!

