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12 Smart Things You Can Do Right Now To Put Your Brand On Track Patrick Hanlon Former Contributor Opinions expressed by Forbes Contributors are their own.

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12 Smart Things to Do When the Booze and Drugs Are Gone Choosing Emotional Sobriety through Self-Awareness and Right Action Softcover, 192 pp. Item: 2864 Author: Allen Berger, Ph.D.

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Smart people know that they have to work hard at things in order to see results, and even though we live in a very automated society now, we still have to move our bodies and take care of our responsibilities. Smart people still make time to work out, eat healthy, and do whatever they have to in order to improve their lives. 12. Being a doormat.

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You've submitted your return, paid your taxes, and even managed to get a refund from the IRS.

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2. Send it to savings. The IRS allows you to split up your refund in up to three accounts via direct deposit. That's a perfect opportunity to stash some funds in a savings account that's inconvenient for you to access, assuring that the money stays out of sight and out of mind until you really need it.

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