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Experience You Can Trust

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I'd like to wish you and your family a Happy New Decade!

That's right, 2020 is almost upon us.

What are your plans for the next ten years? Have you made any "new decade" resolutions yet?

If your goals or dreams include finding a new home, or enhancing the enjoyment of your current property, I want you to know that I'm here to help.

You see, my services don't end when a transaction is completed. As a valued client, you're invited to contact me anytime you have a real estate related question or need a contractor recommendation.

So, even if it's just to say "hello", give me a call. I'd be delighted to hear from you!

Set Learning Goals Instead of Resolutions

Are you making a New Year's resolution this month? Whether it's to quit smoking, lose weight, or spend more time with your family, you'll have a much better chance of success if you turn that goal into a learning goal instead.



A learning goal is simply a commitment to learn something rather than to achieve a specific milestone.

Say, for example, that your New Year's resolution is to get into better physical shape. A traditional goal might be: "I'm going to work out at the gym three days a week." A corresponding learning goal would be: "I'm going to hire a fitness trainer to teach me an appropriate workout program."

Research, published in many journals, reveals that people who set learning goals are much more likely to achieve them. They also tend to stay motivated over a longer period of time and get better results overall. So, if you set a learning goal instead of a traditional goal in the area of fitness, you stand a much better chance of actually getting fit!

Tired of New Year's resolutions that go nowhere? Try setting a learning goal instead. It just might make 2020 your best year ever!

Selling Your Home Doesn't Have to be Overwhelming

When people think about selling their home, many focus on all the things they will have to do: paint the kitchen; clean closets; prepare for viewings; find another home; arrange financing; start packing; etc. It can all seem very overwhelming, very quickly.



In fact, if you focus on the long to-do list, you may be dissuaded from ever making a move!

It doesn't have to be that way.

There are many ways to make selling your home and buying another one relatively simple and easy.

Sure, there will be some work to do. You may need to prepare your property so that it looks appealing to potential buyers - cleaning, decluttering, doing some repairs, etc. Of course, you will also need to view some properties for sale in order to find your next dream home.

But those activities may not be as time-consuming or difficult as you had imagined. In fact, you and your family might actually enjoy the experience - and see it as an adventure.

5 Easy Ways to Reduce Stress Fast

This is the time of year that is traditionally spent with family and friends. But the pressures associated with working, shopping, visiting, vacation planning and entertaining can make it a stressful time as well. Here are some quick-tips that will help:



- **Take a deep breath.** This may sound simplistic, but studies have shown that a single deep breath can measurably reduce anxiety, improve mood and even lower blood pressure. What's the best part of this tip? It only takes a few seconds.
- **Go for a walk.** A mere 20-minute stroll can release enough endorphins in the body to calm the nervous system and reduce stress levels.
- **Avoid comfort foods.** When you're stressed, it's tempting to reach for a favorite sugary snack. While that may temporarily boost your energy, the effect won't last. Your body may actually lose some of its ability to deal with stress later in the day.
- **Write your worries down.** Your imagination can turn any minor problem into a crisis. Writing it down, however, puts it back in perspective. Once on paper, your concern may not seem nearly as serious as you had thought.
- **Drink a glass of water.** Your body is more prone to stress when it's dehydrated. A glass of water can help minimize stress or even wash it away completely.

Don't let stress get in your way. Try using these tips, so you can enjoy yourself more.

Notable, Quotable, Quotes!



“I am not young enough to know everything.”

Oscar Wilde

“You miss 100% of the shots you don’t take.”

Wayne Gretzky

“He who trims himself to suit everyone will soon whittle himself away.”

Martha Stewart

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