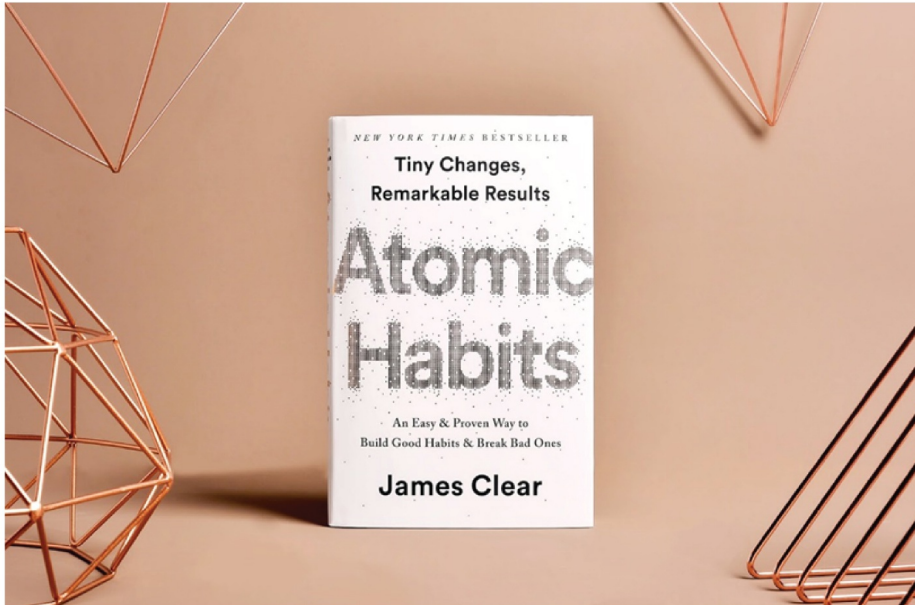




January 2020 Newsletter

Identity-Based Habits: How to Actually Stick to Your Goals This Year



Change is hard. You've probably noticed that. We all want to become better people - stronger and healthier, more creative and more skilled, a better friend or family member. Is there anything you can do to make change easier?

Identity-based habits

Your current behaviors are simply a reflection of your current identity. To change your behavior for good, you need to start believing new things about yourself. Imagine how we typically set goals. We might start by saying "I want to lose weight" or "I want to get stronger." These goals are centered around outcomes, not identity...

The Recipe for Sustained Success

Changing your beliefs isn't nearly as hard as you might think. There are two steps:

1. Decide the type of person you want to be.
2. Prove it to yourself with small wins

First, decide who you want to be. What do you want to stand for? What are your principles and values? Who do you wish to become? These are big questions, and many people aren't sure where to begin - but they do know what kind of results they want: to get six-pack abs



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"Get action; do things; be sane; don't fritter away your time; create; act; take a place wherever you are and be somebody; get action."

– Theodore Roosevelt





or to feel less anxious or to double their salary. That's fine; start there and work backward from the results you want to the type of person who could get those results. Ask yourself, "Who is the type of person that could get the outcome I want?"

What is your identity?

In my experience, when you want to become better at something, proving your identity to yourself is far more important than getting amazing results. This is especially true at first.

Don't be surprised if your motivation burns out after a week. You can't rely on being motivated. You have to become the type of person you want to be, and that starts with proving your new identity to yourself.

If you're looking to make a change, then I stay stop worrying about results and start worrying about your identity. Become the type of person who can achieve the things you want to achieve. Build identity-based habits now. The results can come later.

<https://jamesclear.com/identity-based-habits>

6 Ways to Turn Your Home into a Natural Oasis



If your goal is to de-stress, here are some healthy behaviors and design tips to help you bring nature's sanctuary indoors.

Fill your home with photos of nature

Surrounding yourself with images of nature can have a positive effect on wellness. Try framing some photos of special memories in nature like a hike with your family, beach sunset or mountain view.

Trivia Game

How many points is the letter X in English-language Scrabble?

- A. None
- B. 8
- C. 10
- D. 11

What's the name of this symbol?



- A. Fermata
- B. Pilcrow
- C. Interrobang
- D. Biltong

How old was Tony Hawk when he started skateboarding?

- A. 7
- B. 5
- C. 9
- D. 11

What is the longest known lifespan of an elephant?

- A. 17 years
- B. 49 years
- C. 86 years
- D. 142 years



Let in more fresh air and natural light

Adding skylights that can open is a simple home renovation project to improve fresh air flow. Additionally, studies show that exposure to natural light helps to sync your circadian rhythm, allowing for better sleep at night.

Fill your home with natural scents

Up your chef game by using fresh herbs in your cooking that will fill your kitchen with natural fragrance. You can also incorporate fresh herbs into bouquets or wreaths for a natural air freshener throughout your home.

Meditate or do yoga in the morning

Waking up with stretching or meditating is a great way to prepare yourself for a successful day. Open the blinds or curtains on your windows and skylights to let in early morning light and help you feel invigorated and refreshed.

Go green with your decor

The possibilities are endless - use a bowl of fresh fruit as a centerpiece or mix different sizes of pots to create a succulent gallery. Little touches of green in each room will go a long way.

<https://www.brandpointcontent.com/article/35286/6-ways-to-turn-your-home-into-a-natural-oasis>

Smart Tips for Healthier Snacking



You can prevent mindless snacking by taking a few proactive steps now so you have access to delicious foods that are easy to eat at home or on the go. You'll feel good about snacking by following these simple tips

Avocado and Salsa on Ezekiel Toast



Serving Size: 1 slice
Protein: 5g
Calories: 149
Sugars: 3g

Ingredients

- ¼ medium avocado
- 1 slice sprouted bread
- 2 tablespoons salsa

Directions

1. Toast bread and top with sliced or mashed avocado.
2. Ezekiel sprouted bread uses a unique combination of 6 grains and legumes that are easier to digest, increase mineral absorption, and contain increased antioxidants. Pair it with avocado and fresh salsa for healthy fats and energy.

<https://www.snacknation.com/blog/guide/healthy-snacks/>



and tricks:

Weekend Prep

Buy fresh vegetables in bulk to save money, then spend some time on Sunday chopping them into veggie straws and packaging them into individual containers. This provides an easy grab-and-go snack. Keep them in an accessible drawer in the fridge so anyone can get a healthy snack when hunger strikes.

Drink up

Sometimes your body confuses thirst with hunger, so strive to stay hydrated by keeping a water bottle close by and sipping regularly. Add a healthy flavor boost with sliced lemon, strawberries or cucumber.

Portion size

A smart way to stick to reasonable portions is to take the snack and put the correct portion in a bowl. That way when it's gone you are done snacking rather than being tempted to overindulge.

Snack slowly

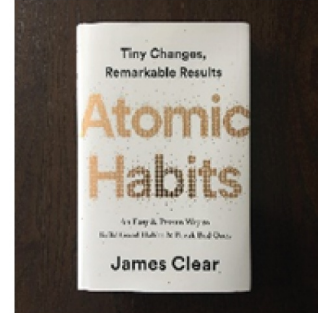
When you're hungry, you tend to eat faster. However, it's important to eat slowly to let your body metabolize food efficiently, plus it can trick your mind into feeling like you're eating more.

From smart shopping to mindful snack prep, these changes are sure to make a big impact on how you snack.

<https://www.brandpointcontent.com/article/35119/are-you-a-mindless-muncher-follow-these-smart-tips-for-healthier-snacking>

Book of the Month

Atomic Habits by James Clear



This breakthrough book from James Clear is the most comprehensive guide on how to change your habits and get 1% better every day. New York Times bestselling book.

<https://jamesclear.com/atomic-habits>

