

Life Stuff

News To Help You Save Time And Money

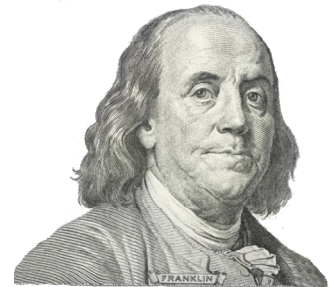
January 2017

Ring Out The Old Habits First

In his twenties, Benjamin Franklin, a Founding Father of the United States, set out to achieve "moral perfection." He identified what he considered to be the core virtues for a person of character, wrote them down, and dedicated himself to acquiring them.

However, his early efforts at self-improvement taught him that good intentions were not enough.

According to Franklin, *"Habits take advantage of inattention. While my attention was taken up and care employed in guarding against one fault, I was often surprised by another. . . . I concluded at length that the mere speculative conviction that it was in our interest to be completely virtuous was not sufficient to prevent our slipping, and that the contrary habit must be broken and the good ones acquired and*



established before we can have any dependence on a steady, uniform rectitude of conduct."

Franklin was saying that we must break old habits before acquiring new ones. This suggests that to-do lists, resolutions, and goals are often doomed unless we acknowledge what's holding our old habits in place. We must work to counter old habits if we hope to adopt new ones.

For example, if we wish to lose 30 pounds, we must adopt new habits of diet and exercise. But first, we must examine all the habits that made us 30 pounds overweight, then break each of those habits one by one.

This may or may not work for you, but it is an interesting way to examine this year's New Year's resolutions!

Get Some Tips At:
PlanYourArizonaMove.com

INSIDE THIS ISSUE

- Who Invented New Year's Resolutions?
- January Quiz Question
- How to Wake Up Feeling More Refreshed
- Things You Can Do Yourself for Less
- Up Close And Personal
- Help Is On The Way
- Good, Clean Funnies
- Benefits Of Rising Early
- Low Cost Home Fixes With High ROI
- Second Career Ideas For Retirees
- Free Reports
- Don't Waste Money During Your Move
- To Be Creative, Think Blue

~ Dan

Who Invented New Year's Resolutions?

The tradition of New Year's resolutions dates all the way back to 153 B.C. when January was named the first month after Janus, a mythical god of early Rome. Janus was often depicted with two faces — one looking forward, one looking backward. This allowed him to look back on the past and forward toward the future.



The Romans believed Janus could forgive them for their wrongdoings in the previous year. They would then make promises, believing Janus would see this and bless them in the year ahead. Those promises are the origin of our New Year's Resolutions today.

How to Wake Up Feeling More Refreshed

Most of us have experienced bouts of insomnia that make it difficult to get up in the morning. But for some people, waking up throughout the night is a continuous problem. Here are a few suggestions for improving your sleep and giving yourself more energy in the morning:

1. Shut off all electronics at least one hour before bed. Studies have shown that electronics keep the mind active longer than other forms of mental stimulation.
2. Do a sleep hygiene assessment on your home. Do you have blackout drapes? Are all LED and other small lights turned off or covered? Do you have a source of white noise, like a fan? Is your pillow and bedding comfortable? Do you need a new mattress?
3. Exercise vigorously during the day, but not within two hours of bedtime. Take a walk after dinner to help with digestion, which can also keep you somewhat awake.
4. Don't load up on carbohydrates at or after dinner. Digesting carbohydrates tends to spike the energy in your body.
5. Sit up and read a book in bed until you start to feel sleepy. Don't push past the sleepiness. Instead, put the book down and turn off the light.

January Quiz Question

Q: *Who invented the lightning rod for conducting electricity around a building and safely into the ground?*

Everyone who emails or calls in the correct answer by January 28th will be entered into a drawing for two free Harkin's movie tickets.

(480) 390-5380

danazhomes4sale@hotmail.com

November Quiz Answer

Q: *Which word in English gets shorter when lengthened?*

A: *short*

Congratulations to **Bonnie March**. Her name was drawn out of all of the correct quiz entrees, and she won 2 free Harkin's movie tickets!

The humblest tasks get beautified if loving hands do them. —Louisa May Alcott

UP CLOSE AND PERSONAL

So, here we are in 2017. What sort of drama will we have this year? Remember seventeen years ago when Y2K was such a big deal? All the hype was that computers were going to stop working when we changed from the year 1999 to 2000, and the world would shut down. We were encouraged to gather up supplies, food, water, generators, and anything else we would need to survive. I have to admit, we did fill up a few extra jugs of water for the big event. That's an extreme example of how we are motivated by fear. Some fear is healthy to motivate us, such as a job loss in which there is a need to make money to support your family. Much of the time, fear is just fear... False Evidence Appearing Real. We worry about things that never happen. The news and media do not help with this. Notice how news reporting builds everything up, repeats it, builds it up more, and follows up on the story over several days. I get it. It's their job to keep you watching. If you want more inner peace this year, try watching less news. Much is said in the Bible to "fear not," "do not be afraid," and to "trust." I'm not much into New Year's resolutions, but fearing less and trusting more in God sound like good ones for 2017.

Have an awesome month!

Dan

Help Is On The Way

Just a quick note to let you know how I can help you or anyone you refer to me.

Jackie had some land to sell in northern Arizona but lived in another state. She reached out to Dan to see if he had any recommendations in finding a good real estate agent. Dan said he would be happy to refer a competent agent in the area who could help. Soon after, Jackie was contacted by a real estate agent in the area who successfully sold her land.

If you know anyone who is in need of a good real estate agent, regardless of the location, I am able to help with a referral. Whether it be you personally, or a friend who needs assistance, just ask. Maybe your relative in another state needs to sell or buy a home but does not know who is capable or trustworthy to help. I can refer an agent for them to talk with who can provide free information, without obligation.

A personal referral is always better than a blind internet search. Give it a try, it's easy. Just email me at danazhomes4sale@hotmail.com, or call me at 480-390-5380.

"When you're surrounded by darkness, it's hard to find the flashlight." - Dan Kilde

Good, Clean Funnies

- I wanted to grow my own food but I couldn't find anywhere to buy bacon seeds.
- I can't believe I forgot to go to the gym today. That's 7 years in a row now.
- I've got no home, no control, and I can't see any escape. It's past time for me to get a new keyboard.
- Why did the physics teacher break up with the biology teacher? There was no chemistry.
- What is blue and smells like red paint? Blue paint.



Client Of The Month

Congratulations to **Jenny** on the purchase of your home.

Thank you for your trust in allowing me to help represent you in your purchase.

Enjoy your new home!

Benefits Of Rising Early

One of the easiest ways to improve your life might be simply resetting your alarm clock. Here are some of the benefits that early risers seem to have over night owls.

- A 2008 Texas University study showed that college students who identified themselves as "morning people" earned a full GPA point higher than those who called themselves "night owls."

See An Interesting Home?

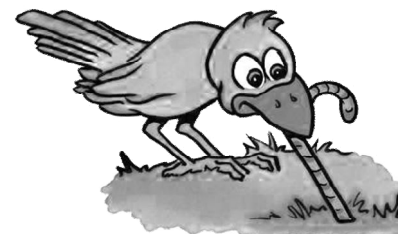
No need to wonder about the price or call a high-pressure sales agent who will make you feel obligated. I can send you the information quickly and easily for any house, listed or sold, anywhere in town.

Just ask me! It's all part of my free, no-obligation HomeFinder Service.

Email me or leave the address on my voicemail, anytime, 24 hours a day, and I'll mail or email all the information on that listing within 24 hours.

(480) 390-5380
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- A Harvard biologist discovered that early risers are more proactive, and more likely to agree with the phrase "I feel in charge of making things happen."
- The same biologist revealed that "morning people" are more likely to anticipate and then minimize problems.
- Early risers are healthier, primarily because they use morning time to exercise.
- Morning people are linked more often with traits like optimism, generosity, satisfaction, and conscientiousness.
- Early risers tend to be wealthier. There's a reason for the phrase "The early bird gets the worm."



Low Cost Home Fixes With High ROI

Typically, lower cost improvements have higher returns than higher end remodeling jobs. Adding a new, more modern sink faucet and lighting fixture updates a home quickly and inexpensively. New countertops, updated appliances, and fresh paint do wonders for your kitchen, even if you don't replace the cabinets. Even unnoticed features, like improved insulation, upgraded plumbing, treated wood rot, and refreshed bathroom tile grout can make you--and potential buyers--feel subconsciously better about a house. And don't forget about updating your exterior landscaping, front door, exterior lighting, and paint.

The Dog Scoop

Buckley likes to lay on Brandon's new Green Bay Packer blanket. He has such good taste!

Second Career Ideas For Retirees

Millions of retirees are launching a second career in their 60s, 70s and even 80s. A whopping 74 percent of workers plan to get a new job after they retire, according to the annual retirement expectations survey by the Employee Benefit Research Institute.

Regardless of age or need, it's a tricky time to change careers. Even so, there are plenty of intriguing job sectors for retirees who want to put their hard-won expertise to work or try something completely different.

- Migrate your management, boardroom, or c-suite skills from the business world to the nonprofit sector.
- Teach. Education, whether in the grade schools, college, or adult training world will always be in demand, and educators with some age on them tend to be valued more than in other sectors.
- The home health care industry will more than value your contribution.
- If you have any knack for writing, the freelance writing world has vast possibilities.
- Learn internet marketing. If you have always been an early technology adopter, you may love the opportunity to make money from your computer.

The Kid Scoop

Ryan (16) and Brandon (14) got a trampoline for Christmas and have been putting it to good use. There's a basketball hoop attached which is a big bonus for Brandon. He loves to shoot hoops!

Free Reports

- How to beat other buyers to the best listings
- Five powerful buying strategies
- Seven different reasons to own your own home
- Ten simple steps to ensure your home sells at top dollar
- The nine most deadly mistakes you can make when selling your home
- How sellers price their homes
- Making the move easy on the kids
- Protect your home from burglars
- How to show your home
- Things you should know about moving

How To Order:

- Fax to Dan Kilde at 480-355-9026
- Call Dan at 480-390-5380
- Go to Dan's website at www.PlanYourArizonaMove.com
- E-mail Dan at danazhomes4sale@hotmail.com

Go Green: Recycle This Newsletter!

After you've enjoyed my newsletter, please recycle it by passing it along to a family member, friend, neighbor or coworker.

Don't Waste Money During Your Move

Moving can be a massive project, whether your new home is across the country or just on the other side of town. The costs can add up quickly, but you can stay in control of the expense with these money-saving tips:

- **Prepare a budget.** Before you start packing, calculate how much your move should cost. Include truck rental, movers, mileage, condo or apartment moving fees, utility cancellations and hookups, etc. This should help you recognize reasonable expenses and avoid surprises.
- **Downsize your possessions.** Don't pack and move everything you own. If possible, get a floor plan of your new dwelling and check on how well your furniture will fit so you don't move a couch that's too big for your living room. Be ruthless in deciding what to get rid of. You don't want to haul stuff across the country only to discard it once you've arrived.
- **Don't pay for packing supplies.** Instead of spending money on brand-new cardboard boxes for your stuff, head out to your local recycling center, where boxes can be a big part of the material that's being dealt with. Check out your local grocery store and nearby restaurants as well. Pack with newspapers instead of using costly bubble wrap.
- **Use the post office.** Ship as much as you can instead of loading it onto a truck. Use the U.S. Postal Service's book rate to send your books to your new address. Look into rates for shipping anything you don't need right away when you arrive (out of season coats, for example).
- **Record all your expenses.** You can write off the cost of your move on your taxes, under certain conditions. Keep a paper trail of what you spend, and check IRS requirements.



Save A Tree

If you would like to receive this newsletter by e-mail, just e-mail me at danazhomes4sale@hotmail.com, and type "send newsletter by e-mail" in the subject line. If at any time you would like to receive this newsletter by regular mail again, just let me know.

To Be Creative, Think Blue

Some of us feel more creative wearing our favorite green T-shirt or checkered cap, and research suggests that the colors do influence how well we do certain tasks. In an experiment written up in the journal *Science*, subjects who faced a red computer screen performed better on detail-oriented tasks like proofreading. But participants who looked at a blue screen did better on creative tasks. Presumably this is because blue is a more relaxing color that allows our minds to wander more freely, while red provokes anxiety and is associated with danger. So when you need to unleash your imagination, think blue.

Mike and Kirsten say...

"We're so blessed to have worked with Dan. He made what could have been a stressful situation, a lot of fun! Thanks for being hard-working, thorough, and a man of integrity! You're truly our Realtor for life! We are forever grateful."

See over 100 more rave reviews from actual clients at www.PlanYourArizonaMove.com. Just click the "True Stories" link at the top of the page. You may call Dan directly at 480-390-5380 or email at danazhomes4sale@hotmail.com.

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Life Stuff

Dan Kilde

RE/MAX Infinity

2450 S. Arizona Avenue #1

Chandler, AZ 85286

480-390-5380

Thank You!

Feedback To: danazhomes4sale@hotmail.com