

# ***Life Stuff***

News To Help You Save Time And Money

August 2023

## **How Fortunate Are You?**

If you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation... you are ahead of 500 million people in the world.

If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world.

If you can attend a church meeting without fear of harassment, arrest, torture or death...you are more blessed than three billion people in the world.

If you have money in the bank, in your wallet, and spare change in a dish someplace...you are among the top 8% of the world's wealthy.

**Get Some Tips At:  
[PlanYourArizonaMove.com](http://PlanYourArizonaMove.com)**

### **INSIDE THIS ISSUE**

- Patience Is a Virtue
- August Quiz Question
- Tricky Names of Luxury Brands
- Up Close and Personal
- Take Three
- Core Strength
- Breathwork for Better Sleep
- Building Bridges with Gen Z
- Kid-Friendly Exercises
- Free Reports
- Some Fun Puns
- Reset

If you hold up your head with a smile on your face and are truly thankful...you are blessed because the majority can, but most do not.

If you can hold someone's hand, hug them or even touch them on the shoulder...you are blessed because you can offer a healing touch.

If you can read this message, you are more blessed than over two billion people in the world that cannot read at all.

If your parents are still alive and still married...you are very rare, even in the United States.

*Have a good day, count your blessings, and pass this along to remind everyone else how blessed we all are.*  
*Dan*

## Patience Is a Virtue

Although being stuck in traffic or waiting at a doctor's office are common experiences, if you haven't cultivated the skill of patience, then you might feel stressed, anxious, frustrated, or angry. But reacting in these ways won't help.

Practicing patience can help reduce your stress levels, making you a healthier person who can handle difficult situations calmly. Being patient can also improve your decision-making skills by allowing you to assess situations, see the bigger picture, and weigh the pros and cons.

How to develop patience:

- Try taking a day to consciously slow down and think about every action you take. At the end of the day, reflect on how this approach helped you make smarter decisions, improved your interactions with others, and gave you a clearer understanding of what was happening around you.
- Slow down when the situation calls for it. If you tend to be in a rush and want everything done immediately, then stop and take a few deep breaths before you act or make a move.

## August Quiz Question

**Q:** *What was the hottest temperature ever recorded in Phoenix and when was it?*

Everyone who emails or calls in the correct answer by August 25<sup>th</sup> will be entered into a drawing for two free Harkin's movie tickets. (current winner eligible after 2 months)

**(480) 390-5380**

**danazhomes4sale@hotmail.com**

## July Quiz Answer

**Q:** *Which continent exists in all four hemispheres?*

**A:** *Africa*

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

## Tricky Names of Luxury Brands

It's one thing when you don't know how to say quinoa (it's keen-wah) or that Chinese chicken dish named for the General Tso (tsah-ow). And luxury brands can seem pretty tricky to pronounce when you want to say: I can't afford that Hermès (Air-mez) purse. Here are a select few other names that many know well, but pronounce in many different ways, according to AI site *Business Name Generator*:

### The Kid Scoop

Brandon (21) heads back to ASU this month for his senior year. His plan is to graduate early in December.

- + Porsche: "Porsh-aa"
- + Louis Vuitton: "Loo-ee we-taahn"
- + Hyundai: "Hun-day"
- + Yves Saint Laurent: "Eve-sanh la-rahn"
- + Givenchy: "Jhee-von-shee"
- + Versace: "Vur-sah-chay"
- + Peugeot: "Poo-zhow"
- + Bvlgari: "Buhl-guh-ree"
- + Balenciaga: "Bah-len-see-ah-gah"
- + Tag Heuer: "Tag-hoy-yer"

## UP CLOSE AND PERSONAL

As a follow-up to last month's trip down memory lane, our recent record-breaking heat in Phoenix with the most consecutive days over 110 degrees brought me right back to that music repair store setting where I worked when moving here in 1990. I arrived to town on June 9, 1990. It was about 106 degrees and we had a dust storm that evening that started while we were unloading the moving truck. My friend, John, who drove my car out with me from Wisconsin said, "You're gonna live here?" It was a couple of weeks later on June 26<sup>th</sup> that we had the hottest day ever in Phoenix at 122 degrees. I was working at my repair bench in the music store when I heard about the new record heat, so I walked outside to see how it felt. After doing that I thought, "I'm gonna live here?" I'm glad I stayed, because it wasn't long after that I met Kim. She was a dietitian, and I remember her teaching me about the food guide pyramid (which was a thing back in 1992). It was a triangular shaped pyramid showing the different food groups. Well, I had my own triangular shaped food pyramid, all within steps from the music store. It was made up of chocolate donuts from the Circle K across the street, pizza and soda from Otto Pizza on one side of the music store, and beer and wings from Casey Moore's on the other side. It was the perfect triangle. Now, that's serendipity at its best. Kim and I were both into the food guide pyramid. We were meant for each other. I have been working on improving my eating since then. I hardly ever have chocolate donuts anymore 😊.

After reading last month's newsletter, a friend invited us out to Casey Moore's for ole times' sake. The beer and wings were as good as I remember them being 30 years ago.

Have an awesome month! *Dan*

## Take Three

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

After buying two investment homes from Dan, Craig and Lauren wanted to pursue a third one. Craig was amazed at how easy it was to buy the first two homes. He said if it were not for Dan's team of professionals, including his lender, title company, home inspector, and property manager, they never would have bought their second home. He could not believe how smooth the process went each time. Craig keeps a close watch on the personal home-finder website that Dan set up for him. He gets alerted when another home comes on the market that meets his criteria. He can access his site anytime to see the latest, up to the minute, new listings and/or price changes that have occurred. When Craig found his third home to buy from Dan, the process was as seamless as it was with the first two homes. Not only did he get a great home at a great price, but the current seller was going to rent the home back for a few hundred dollars above the average rent while he finished remodeling the home he would be moving to. Having the right team of professionals can make all the difference when buying a home. It can turn an average process into an exceptional experience.

If you know someone who would like a free personal home-finder website so they can keep an eye on the market, just have them call me at 480-390-5380. I would be happy to help them just like I helped Craig and Lauren.

## Core Strength

Core-strengthening exercises have become increasingly popular among top athletes, fitness enthusiasts, and those who seek overall body strength. According to the Mayo Clinic, strengthening the back, pelvis, hips, and abdomen can improve balance and stability. These exercises do not require any special equipment, and utilize crunches and push-ups.

Building core strength can help prevent lower back pain and muscle injuries and enhance performance in tasks and activities ranging from tying your shoes to golfing.

To start, try performing ten to fifteen repetitions of each exercise two or three times a week. Then gradually increase the intensity, which can lead to further improvements.

**The Glute Bridge:** Lie on your back with arms at your sides and knees bent. Lift your hips until your knees, hips, and shoulders are in a straight line. Hold for two or three seconds.

**Lateral Pillar Bridge:** Lie on your side, propped up on one elbow. Lift your hip to make a straight line from ankle to shoulder. Hold for fifteen to thirty seconds, and then repeat on the other side.

**Plank with Arm Lift:** Start in a push-up position. Without moving your torso, lift your left arm up and slightly to the left. Hold for a few seconds, then switch to the other arm.

## Breathwork for Better Sleep

Breathwork is known to promote relaxation and reduce activation of the sympathetic nervous system, which can help you sleep better. Here is an easy breath exercise that might help promote restful sleep:

- Lie in a comfortable position, close your eyes, and breathe in deeply through your nose.
- Hold for a count of four, and then slowly exhale through your mouth to release tension.
- Continue with deep breathing by inhaling for four counts, holding for four, and exhaling for six.
- Focus on the sensation of each breath and let go of any distractions.
- Practice this exercise for ten minutes to allow your body and mind to relax.

### 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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*"In any given moment we have two options: to step forward into growth or to step back into safety."  
-- Abraham Maslow*

# Building Bridges with Gen Z

To connect with Gen Z kids and grandkids in today's digital age, you must comprehend their preferences, values, and expectations. Here are some ways to establish a meaningful connection with the Gen Zers in your life:

**Embrace Technology:** Engage with them in their digital spaces and familiarize yourself with social media platforms and online trends to understand their interests and to establish common ground.

**Practice Active Listening:** Encourage them to share their thoughts and concerns without judgment. Ask open-ended questions to show genuine interest and create a safe space for expression.

**Respect Individuality:** Learn about their unique passions, hobbies, and goals. By respecting their individuality, you create an environment in which they feel understood and accepted, thereby strengthening your connection.



**Be Open To Learning:** Educate yourself on such topics as sustainability, inclusivity, and mental health. Show a willingness to learn about and understand their perspectives. Understanding their values allows you to forge a deeper connection with them.

By learning about their preferences and values, you can bridge the generation gap, strengthen relationships, and create lasting bonds with Gen Z kids and grandkids.

## Kid-Friendly Exercises

Physical fitness should start early, so here are a few exercises disguised as play that you can do with children as young as two years.

- **Ball walk.** Find a small bouncy ball, and have your child hold it between his or her knees. Then challenge the child to walk farther and farther without dropping it.
- **Giant walking.** Have your child take the longest step he or she can, then stop for a moment all stretched out. Then have the child stand up straight and take a giant step with the other foot. Try giant walking all the way to the car or the park.
- **Wall taps.** Place a small dot on the wall. Challenge your child to stretch up to it. Also move it higher and challenge them to jump up to it. Monitor them so they don't crash into the wall!

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*August is the happy, lazy Sunday of Summer.*

## 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 stop spending money on rent and own a home instead

### **How to Order:**

- ❑ Call/Text Dan at 480-390-5380
- ❑ Go to Dan's website at [www.PlanYourArizonaMove.com](http://www.PlanYourArizonaMove.com)
- ❑ E-mail Dan at [danazhomes4sale@hotmail.com](mailto:danazhomes4sale@hotmail.com)

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**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*

## Some Fun Puns

"I used to be a baker, but I couldn't make enough dough. So now I'm trying to rise to the occasion in a different career."

"I was going to tell you a joke about construction, but I'm still working on it. It's not quite built up yet."

"I'm reading a book about anti-gravity. It's impossible to put down!"

"What do you call a bear with no teeth? A gummy bear!"

"Why don't scientists trust atoms? Because they make up everything!"

"I couldn't figure out how to fasten my seatbelt, but then it clicked."

"I told my friend she was drawing her eyebrows too high. She seemed surprised."

## The Dog Scoop

Buckley will never give up chasing rabbits or cats. He's never gonna catch them!



## Reset

If you're finding it hard to tap into your creative center, multitasking might be to blame. It can be hard to segment different tasks if you're working from home, so be sure to carve out time to do absolutely nothing. That "nothing" time is high quality reset time! Whether you only have a few minutes or a full hour, take a walk, journal, meditate, or focus on a creative practice.

Think of it this way: If you're learning to play the guitar or taking ballroom dance lessons, you would commit to a specific amount of time for instruction and for practice. You wouldn't be making phone calls or writing a report or doing chores during this time. The same is true for times when you are engaged in any creative endeavors, or just need space to think freely.

## Want to Easily Find Other Local Businesses That Give Outstanding Customer Service?

Call me anytime for a referral to these services and/or any other you may need:

Handyman  
Sprinkler Repair  
Garage Door  
Painter

Drywall  
Pest Control  
Probate/Estate Planning Attorney  
Sunscreens

Pool Service  
Air Conditioning  
Roofer  
Locksmith



Melissa says...

*"This was the first time using a Realtor and the first time I ever sold a house. I had no idea what to expect or even where to start. You kept me informed throughout the entire process, making it as convenient for me as possible. I could not be happier."*

See over 100 more rave reviews from actual clients at [www.PlanYourArizonaMove.com](http://www.PlanYourArizonaMove.com). Just click the "True Stories" link at the top of the page. You can call Dan directly at 480-390-5380 or email at [danazhomes4sale@hotmail.com](mailto:danazhomes4sale@hotmail.com)

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