

# ***JimsJournal.net - Your Home News***

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August 2020

## **Focus on the Positive**

Dear Friend,

There are several practical articles in this August newsletter, as well as our usual lineup of interesting facts and news related to current events.

However, it is the cover piece that is most striking to me: a quick read about the vital need for all of us to focus on the positive in our lives and what we are able to make even better. Although it was not in the original draft of this month's newsletter, it has turned into a favorite of mine because it speaks to optimism and action. I hope you'll let me know if it resonates with you as well!

Speaking of keeping positive and focusing on what we are able to make better, you might be thinking of how to steer your home so it reflects the values you hold dear and the lifestyle you live. If you're thinking to buy or sell, or doing a major renovation, or just need to brainstorm ideas, I'd love to help you make plans to create a space that feels just right.

Jim Urban

### **INSIDE THIS ISSUE**

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### **The Canvas**

One day a professor asked his students to prepare for an extra credit test he said he would be emailing them at home.

The class was surprised because the summer session was almost over and final grades were already pretty well established.

That evening, each student received a photograph of a large yellow canvas with one gray dot painted in the middle, along with instructions to write an essay on the painting.

When the professor received the answers back, all of the students, without exception, described the gray dot, its position on the canvas, the contrast and so on. After reading all the answers, the professor sent a follow up email out to all the students:

*"I am not going to grade you on this test; I just wanted to give you something to think about. No one wrote about the yellow section of the canvas.*

*Everyone focused on the gray dot and the same thing happens in our lives. We have a whole canvas in front of us, but we are so busy focusing on the dark spot in the middle.*

*Life is a special gift with different layers: our friends, livelihood, love, family, and the miracles we see every day. I want you all to realize the dark spots in our lives are just one thing on a very large, bright personal canvas.*

*Take your eyes away from the apparent spots in your life and enjoy each one of your blessings and each moment that life gives you.*

*I wish you the best!"*

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### **Fun Day Monday July**

With over 10,000 varieties of tomatoes, which is the easiest to grow at home?

- A. Roma
- B. Green Zebra
- C. Early Girl
- D. Cherry Tomato**

Congratulations to Cathy Strange who won a \$25 donation to a charity of her choice.

## **Master These ASAP**

These acronyms aren't new, but they are worth revisiting:

**ALF** (Always Listen First): Used in training sessions and counseling, this is simply a polite thing to do.

**BRAN** (Benefits, Risks, Alternatives, Nothing): Useful for deciding on a proposed course of action in business. What are the benefits, potential risks, and alternative courses of action?

**GROW** (Goals, Reality, Options, Will): Often used in life coaching sessions, these are factors involved in self-improvement.

**IDEA** (Identify, Design, Execute, Augment): A planning strategy to first identify the relevant issues, then design a course of action, execute the plan, and adjust or add to it as necessary.

# A World Of Help

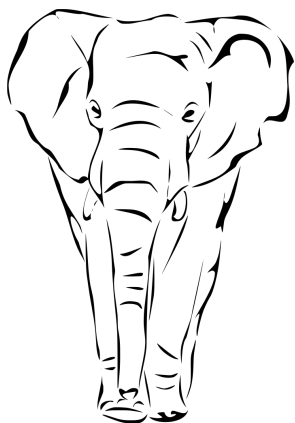
August has some pretty amazing holidays dedicated to animals all over the world. Here are a few worth celebrating, internationally and here at home.

## **International Assistance Dog Week, August 2 - 8.**

International Assistance Dog Week (IADW) was created to recognize all the devoted, hardworking assistance dogs helping individuals mitigate their disability related limitations. According to the IADW website, International Assistance Dog Week was established due to the efforts of Marcie Davis, a paraplegic for over 35 years and the author of *Working Like Dogs: The Service Dog Guidebook*.

## **International Homeless Animals Day, August 15.**

Every year on the third Saturday in August, International Homeless Animals Day celebrates taking care of our pets and spreading awareness of pet overpopulation. Consider volunteering or helping to sponsor a spay and neuter clinic, adopt-a-thon or microchip clinics in your neighborhood.



## **World Elephant Day, Wednesday August 12.**

Launched in 2012 to bring attention to the urgent plight of Asian and African elephants, World Elephant Day asks you to help conserve and protect elephants from the numerous threats they face. *WorldElephantDay.com* has some great information on supporting better protection for wild elephants, improving enforcement policies to prevent the illegal poaching and trade of ivory, conserving elephant habitats, better treatment for captive elephants and, when appropriate, reintroducing captive elephants into natural, protected sanctuaries.

### **Need to find a Business who gives Exceptional Service?**

Jim can help with his 5 Star Referral Center.

#### **Just Go To:**

**Denver5StarReferralCenter.com**

In the search engine type in the type of business you are looking for to see the list of businesses Jim refers to his family, friends & clients.

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*All growth is a leap in the dark, a spontaneous, unpremeditated act without benefit of experience."*

**~ Henry Miller**

# Shifting Into Night Work

Most of us aren't used to working all night, but with many of us working from home, chances are your schedule has changed. Here are some strategies to get into the groove of working a night shift:

- ✓ Manage your sleep during the day— not just how long, but how soundly.
- ✓ Get rid of all distractions, especially the phone.
- ✓ Try to sleep at the same time every day.
- ✓ Keep sleeping temperature about 68 degrees.
- ✓ Use earplugs to keep noise at bay. You can also muffle intrusive sounds with a fan or “white noise” machine.
- ✓ Accept changes in your schedule. Don't try to maintain your normal routine; keep social events and family outings at times that fit your new work schedule needs.
- ✓ Eat light at night and get extra servings of fruits and veggies, cereal, pasta and rice.

## Free Reports!

- ☒ How Sellers Price Their Homes
- ☒ Making the Move Easy On the Kids
- ☒ Five Big Mistakes Home Sellers Make
- ☒ How To Buy A House With Little (Or No) Money Down

**Free Newsletter  
Subscription!**

**See Page 7**

# Enjoy Your Work Day

Do you often feel as if your workday will never end? An article on the *Market-Watch* website offers a simple technique for feeling more energized and engaged, and getting more done.

It's called “reattachment to work,” and it can take many forms. You might start your day by talking with your spouse or partner about what you're going to do today, or cycling through your to-do list first thing in the morning, or giving yourself three concrete goals to accomplish as soon as you get to work.

This kind of planning can jump-start your brain and help you focus on activities and goals that make your day go faster. It will give you a feeling of energy and engagement that can make work feel more satisfying throughout the day.



## Save Your Eyes

August is Cataract Awareness Month, and that's a good time for everyone to get acquainted with the dangers that a cataract can pose. A cataract is a clouding of the lens in the eye. Because the lens focuses light onto your retina, any blockage or distortion can result in diminished eyesight.

Cataracts develop gradually and usually (but not always) in older people. Congenital defects, inflammation, exposure to certain kinds of radiation, diabetes, and smoking can also contribute to cataract formation earlier in a person's life.

The standard treatment is surgery to dissolve the clouded lens and then remove the fragments from the eye; doctors then insert an artificial lens to replace the old one. Because cataracts develop slowly and without pain, symptoms may not be obvious.

Check with your eye doctor if you start to notice these changes in your vision:

- Vision that's cloudy, blurry or dim.
- More difficulty seeing at night.
- Heightened sensitivity to light.
- Seeing halos around lights.
- Colors seem faded, or yellowish.
- Double vision in one eye.

Take care of those peepers!

### ***Did you know?***

Birds and reptiles have an extra membrane in their eyes that functions as a third eyelid. It's called the plica semilunaris, and apparently humans have them too. It helps to drain tears and remove foreign objects from the eye.

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## Fail Well

Success is about failure. At least, it's about learning how to fail without letting it stop you from moving forward. As personal and business coach Jane Herman writes:

*"You have heard the expression, 'Anything worth doing is worth doing well.' Here's your new motto: 'Anything worth doing is worth being willing to do badly.'"*

*If something is important to you, then you have got to be willing to try it, even knowing that you may fail. If you have the attitude that you can't do something unless you can do it well, or perfectly, then you will never take a step. Be willing to take the step."*

# Keep Your Bestie Cool

Summer is a time for both you and your pet to enjoy the sunshine and outdoors, but along with the fun, the season also offers situations that can endanger your pet.

The *Humane Society of the United States* offers these guidelines for pet owners to keep their furry friends safe this summer:

## **Never leave your pet in the car.**

During warm weather, the inside of your car can reach 120 degrees in a matter of minutes, even if you're parked in the shade. Pets who are left in hot cars even briefly can suffer from heat exhaustion, heat stroke, brain damage, and can even die. Don't think that just because you'll be gone "just a minute" that your pet will be safe while you're gone.

## **Practice water wisdom:**

Always supervise a pet in a pool. Provide plenty of water and shade for your pets while they're enjoying the great outdoors so they can stay cool.

## **If you can't stand the heat...**

On hot days, limit exercise to early morning or evening hours. Hot asphalt can burn your pet's paws. Pets can get sunburned, too, and your pet may require sunscreen on his or her nose and ear tips.

## **Watch out.**

Your pet can suffer from heat exhaustion and heat stroke. The signs of heat stress include heavy panting, glazed eyes, a rapid pulse, unsteadiness, a staggering gait, vomiting, or a deep red or purple tongue.



If your pet does become overheated, move him into the shade and apply cool (not cold) water over his body. Let your pet drink small amounts of water or lick ice cubes. If necessary, get him to a veterinarian immediately.



# Smart Advice for You and the People You Care About

When You Have a Thought about Living in a New Home



The 5 Biggest  
Mistakes  
Home Sellers  
Make



Making the  
Move Easy on  
Kids



How to Stop  
Wasting  
Money on Rent



How Home  
Sellers Price  
Their Homes



How to Sell  
Your Home for  
the Most  
Money



The 5 Biggest  
Mistakes  
Home Buyers  
Make

**Avoid Buyer's Remorse and Seller's Regret –  
Get All Six Reports FREE!**

Simply text or call me at (303) 588-7000 and I'll get them to you right away.

I'm here to guide, lead and protect you and the  
people you care about.

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