

# JANUARY NEWSLETTER



*"Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success." —Pablo Picasso*

## TACKLE YOUR NEW YEAR'S RESOLUTIONS WITH THESE SIMPLE PRODUCTIVITY HACKS



Whether or not you've made formal New Year's Resolutions, the beginning of a new year is always a great time to set important goals. But as life grows busy again after the holidays, it can be easy to get caught up in day-to-day responsibilities and run out of time for your bigger-picture aspirations. Taking steps to optimize productivity is one way to accomplish more on a daily basis, freeing up time to tackle all of your goals. Here are a few helpful productivity hacks:

Set aside time each morning to focus on your "why." The never-ending list of daily to-dos can be draining, leading to feelings of burnout and reduced productivity. To generate the energy needed to approach your list with focus and enthusiasm, take a few minutes each morning to consider why it's important for you to complete the work that lies ahead. Whether this "why" is business-oriented—for example, "my goal is to help my clients succeed"—or personal, such as "I want to finish my work promptly in order to have more quality time with my family tonight," reminding yourself of the values underlying your to-do list can help fuel productivity.

Silence notifications when focusing on work. From incoming emails to the relentless barrage of smartphone notifications, modern technology can be very distracting. When working on a task that requires concentration, block off time—even 30-minute increments—where you only focus on that task and resist the temptation to check email or other notifications. Silencing alerts on your devices may help reduce the temptation.

When appropriate, outsource time-consuming tasks. No one can excel at everything, so trying to master all aspects of your

personal and professional lives can be a time-consuming exercise in futility. Whether it means hiring a professional to clean your house, do your taxes, or manage some aspect of your business, outsourcing jobs that detract from your most important activities can boost productivity in the long run.

Unsubscribe from emails and unfollow social media pages that don't add value to your life. When not managed effectively, clutter in your inbox or social media feeds can become a source of stress and distraction from your most productive tasks. To avoid this, take an assessment of your online accounts on a monthly basis and opt out of any subscriptions with which you haven't engaged recently.

Set deadlines—and train yourself to abide by them. Like it or not, many of us perform best when operating under a deadline. Boost efficiency by setting mini-deadlines for yourself throughout the day and trying your best to stick to them—which generally requires limited periods of intense focus. After completing one of your goals, reward and refresh yourself with a short break.

Source: <https://www.inc.com>



## SHRIMP CURRY WITH CHICKPEAS AND CAULIFLOWER

### Ingredients:

3 tablespoons vegetable oil  
1 onion, finely chopped  
½ large fennel bulb, finely chopped  
1 2-inch piece ginger, finely grated  
Kosher salt, freshly ground pepper  
1 5-inch piece lemongrass, tough outer layer removed, lightly smashed  
1 tablespoon red curry paste  
1 tablespoon shrimp paste with bean oil  
1 13.5-ounce can unsweetened coconut milk  
2 cups low-sodium chicken broth  
2 tablespoons fish sauce  
½ head of cauliflower, cut into 1-inch pieces  
1 15.5-ounce can chickpeas, drained, rinsed  
12 ounces shrimp, peeled, deveined  
Basmati rice, shredded purple cabbage, cilantro or basil, and lime wedges (for serving)

### Directions

Heat oil in a Dutch oven or large pot over medium. Add onion and fennel and cook, stirring, until softened, about 6 minutes. Add ginger and cook, stirring, until onion and fennel are very tender, about 2 minutes. Season with salt and pepper.

Add lemongrass, red curry paste, and shrimp paste and cook until fragrant, about 1 minute. Add coconut milk, chicken broth, and fish sauce, bring to a boil, then reduce heat and simmer until slightly thickened, 20–30 minutes.

Add cauliflower and chickpeas and continue to simmer until cauliflower is tender, about 15 minutes. Add shrimp and simmer until shrimp are cooked through, 3–5 minutes. Discard lemongrass; season with salt. Serve curry over rice; top with cabbage, cilantro, and limes.

Cut the sandwiches into quarters. Dust with confectioners' sugar, if desired, and serve with cranberry sauce.

Source: [www.bonappetit.com](http://www.bonappetit.com)



## NEW YEAR, NEW STYLES: HOME DESIGN TRENDS EXPECTED TO BE POPULAR IN 2020

In the ever-changing world of interior design, experts are always eager to predict the trends that a new year will bring. If you're trying to sell your home, adopting some of the latest styles may help you quickly update your home's aesthetic and capture the attention of even the most style-conscious buyers. Here are a few top trends that experts expect will be popular in 2020:

**Softer colors in the kitchen.** For the past several years, kitchens with an all-white color scheme have been popular due to their versatility and clean aesthetic. However, designers believe that homeowners are starting to embrace softer hues—such as light blues and grays—as well as wooden countertops, range hoods, and other elements as a way to add warmth.

**Spa-like bathrooms.** Increasingly, homeowners are treating their bathrooms as at-home wellness retreats conducive to relaxation and self-care. Fortunately, it's relatively easy to create a spa-like vibe in your bathroom without undertaking a costly renovation. A few strategies include adding houseplants for a lush appearance, setting out some thick towels or bathrobes, and purchasing a bathtub tray to instantly create a sense of luxury.

**Dazzling dining rooms.** In our fast-paced society, many people

have eschewed formal dining rooms in favor of eating in the kitchen, living room, or on the go. However, designers are beginning to see formal dining rooms make a comeback. In 2020, they anticipate that homeowners will take their dining rooms to the next level with bold colors and eye-catching artwork and chandeliers.

**Elements of nature.** While “bringing the outdoors in” is hardly new this year, homeowners are continuing to find creative ways to use natural elements to add warmth and vitality to their homes. For example, designers expect that wooden furniture and accents, floor coverings made from natural materials (such as jute rugs), houseplants, and furniture with organic shapes will be popular in 2020.

Source: [southernliving.com](http://southernliving.com)



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