

# January Newsletter



*"You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."*

*– John C. Maxwell*

## Most New Year's Resolutions Fail—Here are Some Goal-Setting Strategies to Try Instead

Source: [usatoday.com](https://www.usatoday.com), [inc.com](https://www.inc.com)

As a new year begins, many people feel inspired to set lofty goals in the form of New Year's resolutions. Often, however, the surge of ambition quickly fizzles out: studies indicate that January 17 is the average day by which most New Year's resolutions have been abandoned. While you may feel guilty or discouraged if you find that you are no longer pursuing your resolutions with the same fervor you had when you set them, the problem might not be you or the many other people who "fail" to achieve their new goals—it could lie in the fact that most New Year's resolutions are written with an end goal in mind, without detailing the process by which that goal will be achieved.

Whether you're planning to make formal New Year's resolutions or you're just thinking about things you'd like to improve in 2021, here are a few strategies to consider for setting attainable goals:

- Focus on the specific steps you will take in order to move closer to your goal. For example, instead of resolving to lose 15 pounds, promise yourself that you will exercise for 30 minutes three times a week. In addition to creating a process that is easy to follow and track your progress on, framing your resolutions like this will help you focus on the behavior changes required to move you in the direction of what you'd like to achieve—rather than setting a one-time goal that may leave you feeling discouraged if you fall short.
- Be realistic. Another common pitfall when making New Year's resolutions is to try to tackle too many or too challenging goals at once. As you think about what you'd like to achieve, be realistic about your time limitations and other obstacles you may face. Start small, with a focus on creating specific, achievable habits, and then expand on those habits as you gain momentum.
- Know your triggers and try to avoid them. Whether you're trying to build better habits or eliminate negative ones, there are probably triggers that make it easy to fall back into your old ways. Recognize what these triggers are and make an effort to avoid them. For example, if you tend to buy junk food when you get hungry while grocery shopping, plan to have a healthy snack before a shopping trip in order to make the temptation less appealing. If you're trying to have more productive mornings but tend to oversleep, place your alarm clock on the other side of the room to make pressing snooze more difficult.
- Celebrate your triumphs. Recognizing and rewarding yourself for achieving milestones—however small—on your journey to fulfilling your goals will help you maintain momentum and avoid getting discouraged when you encounter the inevitable setbacks.

# Coconut Squash Soup with Seared Scallops

Source: eatingwell.com

## Ingredients:

- 8 medium fresh or frozen sea scallops (8 to 9 ounces)
- 1 Nonstick cooking spray
- 2 medium leeks, trimmed and thinly sliced
- 3 cloves garlic, minced
- 2 slices minced fresh ginger root
- 2 (14 ounce) cans vegetable broth
- 2 pounds butternut squash, peeled and cut into 1-inch pieces (6 cups)
- 1 (14 ounce) can reduced-fat unsweetened coconut milk
- ¼ teaspoon cayenne pepper
- ½ teaspoon ground coriander
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- ¼ cup pumpkin seeds, toasted (pepitas) (Optional)
- 2 tablespoons snipped fresh cilantro
- 2 teaspoons finely shredded lime peel (Optional)

## Directions:

- Thaw scallops, if frozen. Rinse scallops and pat dry with paper towels; set aside.
- Coat an unheated large saucepan with cooking spray; heat pan over medium heat. Add leeks. Cook for 3 minutes, stirring occasionally. Add garlic and ginger. Cook and stir for 1 minute more.
- Add broth and squash to leek mixture. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until squash is tender. Remove from the heat and cool slightly.
- Transfer squash mixture to a blender or food processor. Cover and blend or process until smooth. Return mixture to the saucepan. Stir in coconut milk and cayenne pepper. Heat through over medium-low heat, stirring occasionally (do not boil).
- In a small bowl, combine coriander, salt and black pepper. Sprinkle evenly over scallops. Coat an unheated indoor grill pan or large nonstick skillet with cooking spray; heat over medium-high heat. Add scallops to the grill pan or skillet. Cook for 3 to 4 minutes or until scallops are opaque, turning once halfway through cooking.
- To serve, ladle soup into four serving bowls. Float two scallops on each serving of soup. Sprinkle with pumpkin seeds (if using), cilantro and lime peel (if using).

# Attract Buyers with These Hot New Home Decor Trends

Source: insider.com, nar.realtor

The beginning of a new year tends to usher in a wave of new styles, including home décor trends. If your home is on the market, being familiar with the latest trends and finding easy ways to incorporate them may help you update your home's design to reflect what today's buyers are looking for. Here are a few home decor trends that experts expect will be popular in 2021:

- Furniture that embodies comfort and tradition. Over the past several months, people have spent more time at home than ever before. In addition, the anxiety and uncertainty that have defined recent events have led many of us to crave the familiar.

Combining these two trends, interior designers anticipate that in 2021, homeowners will drift away from the minimalist aesthetic that has been popular in recent years, instead preferring spaces that are comfortable, inviting, and functional. For example, overstuffed furniture, soft curves, and traditional styles are expected to be popular.

- Natural materials. In keeping with the trend towards warm, comfortable styles, many people are bringing nature into their homes with materials like jute, ceramic, leather, and organic fibers. In addition to having a soothing effect, these materials tend to be more sustainable—which is a priority particularly among younger homeowners.

- "Grandmillennial" style. Members of the Millennial generation—currently ranging from approximately 22-39 years old—now represent the largest share of homebuyers. Therefore, sellers may consider familiarizing themselves with the décor styles that resonate with this powerful demographic. One emerging style, dubbed "grandmillennial" or "granny chic," refers to the way that many Millennials are putting their own modern spin on design elements that may be seen as historic or outdated. Grandmillennial style includes antiques and vintage items, colorful, floral prints, embroidered linens, and other elements that convey a cozy, classical aesthetic.



If you are currently working with another Broker please do not consider this a solicitation.

