

It's just a fact of life: sometimes, for whatever reason, it's hard to be grateful for what we have. And just because it's October, a month marked by a national holiday devoted to giving thanks, doesn't mean we will all of the sudden have the capacity to be grateful—especially if life is currently taking great pleasure in putting challenges in your path. Here are some thoughts on reigniting your fire to be a positive force in this world.

Change your perspective.

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."

The easiest thing to change about yourself is your perspective. With daily stresses and normal frustrations it's easy to fall into a rut of thinking negatively. Make a point to lead with the positive and shelve the negative. Imagine waking up each morning without anything I wasn't thankful for the night before. Illuminating your life with that perspective, it becomes easy to see and be grateful for the gifts in this life. Each sunrise is the promise of rewriting your story. Why not make it a positive one?

Do good for other people.

"Let no one ever come to you without leaving better and happier."

Have you ever complimented a stranger out of the blue? It's great! You almost always get a surprised, delighted smile and a "Thank you." Such simple kindness spreads reciprocal joy and gratitude—it feels good for both of you. Try to give a stranger a compliment at least once a day. If you have the opportunity to put a smile on someone's face, why be stingy with it?

Even a smile is a simple way to make kindness contagious. Easy to give; easy to receive. No strings

attached to have a human connection that fosters aratitude.

Focus on family and friends.

"What can you do to promote world peace? Go home and love your family."

Sometimes making a difference in the world just means making a difference in someone's life. A high tide raises all boats, so why not make it a tidal wave of love and support that surges from our own shores?

Love yourself.

"Be faithful in small things because it is in them that your strength lies."

We are all busy trying to keep our lives, careers and our home afloat. Sometimes it may feel like we give so much for others that we have nothing left of ourselves. It is in those times that we need to fill up our tank.

It doesn't have to be something big. Take yourself to the movies, splurge on a big buttery bag of popcorn and a giant cup of root beer. Just try to remember that while you are busy giving out love, support and happiness...you have to save a little for yourself too.

A great way to get in touch with your gratitude is to be thankful for you.

Adapted from article by Kelli Wheeler. Quotes from Mother Teresa

"Gratitude can transform common days into thanksgivings,
turn routine jobs into joy,
and change ordinary opportunities into blessings!"

~William Arthur Ward

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." ~Oprah Winfrey





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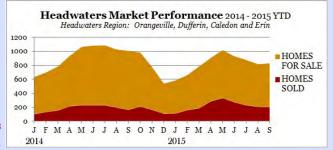
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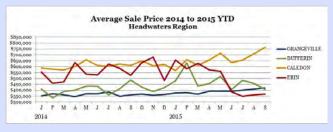
Headwaters Real Estate Recap: SEPTEMBER 2015

The kiddies are back in school after a summer with some great weather. Buyers and Sellers were quite active during the summer months of June, July and August with 716 homes sold in the Headwaters region. September sales were slightly lower than August with 203 sales occurring in September. Inventory is still relatively low compared to years past. Supply and demand this year has pushed average sale prices higher across the entire Headwaters region. People migrating north from the GTA area have contributed to this, as our area is quite affordable in comparison to the York, Halton and Wellington regions.

We are now in the fall market, with Buyers and Sellers looking to be in a new house before Christmas. Only 148 sales are needed to match the number of total sales in 2014, which is easily attainable looking at the hot market we've had this year.

Happy buying and selling...and go Blue Jays!! ~Dave





For more statistics and graphs please be sure to visit our "Real Estate Recap" blog on our website at www.thegrimeteam.com.

Counting my blessings...

How very blessed... To live in Canada. To have a passport.

To have a Beautiful Country "ad mare usque ad mare" from Sea to Sea.

To have the ability to go where we want, when we want.

To have food on the table.

To have a roof over my head.

To have free health care.

To have family and friends.

To have an outstanding job.

To have good health.

To have a soul mate Bruce to walk through life with.

To have 3 beautiful children, Dave, Mike and Krissi.

To have 2 beautiful daughters-in-law Mel and Claire and 1 son-in-law James.

To have 2 grandchildren, Ben and Sam [and more on order]. To have supportive and faithful people to work with.

To have The Grime team...Dave and Cathy, Lamoine and Vanessa, Al, May and Melanie.

To have you in my life...

For all this and more, I am eternally grateful.

As our family sits for dinner this Thanksgiving we will hold hands and everyone will take a moment to share what we are grateful for. Blessings to you and yours.

Happy Thanksgiving!

Margarie



