

# The power of OPTIMISM

I teach economics at a local university three times per week. Last Monday, at the beginning of class, I cheerfully asked my students how their weekend had been. One young man said that his weekend had not been so good. He had his wisdom teeth removed. The young man then proceeded to ask me why I always seemed to be so cheerful.

His question reminded me of something I'd read before: "Every morning when you get up, you have a choice about how you want to approach life that day," I said. "I choose to be cheerful."

"Let me give you an example," I continued, addressing all sixty students in the class. "In addition to teaching here, I also teach at a college 17 miles down the freeway from where I live. One day a few weeks ago I drove those 17 miles. I exited the highway and turned onto College Drive. I only had to drive another quarter mile down the road to the college. But just then my car died. I tried to start it again, but the engine wouldn't turn over. So I put my flashers on, grabbed my books, and marched down the road to the college.

"As soon as I got there I called and arranged for a tow truck to meet me at my car after class. The secretary asked me what has happened. 'This is my

lucky day,' I replied, smiling.

"Your car breaks down and today is your lucky day?" She was puzzled. "What do you mean?"

"I live 17 miles from here." I replied. "My car could have broken down anywhere along the highway. It didn't. Instead, it broke down in the perfect place: off the highway, within walking distance of here. I'm still able to teach my class, and I've been able to arrange for the tow truck to meet me after class. If my car was meant to break down today, it couldn't have been arranged in a more convenient fashion."

The secretary's eyes opened wide, and then she smiled. I smiled back and headed for class. So ended my story.

I scanned the sixty faces in my economics class. Despite the early hour, no one seemed to be asleep. Somehow, my story had touched them. Or maybe it wasn't the story at all. In fact, it had all started with a student's observation that I was cheerful.

Deepak Chopra has quoted an Indian wise man as saying, "WHO you are speaks louder to me than anything you can say." I suppose it must be so.

~Lee Ryan Miller

## Learn to be OPTIMISTIC:

- ~ **DON'T GET ANGRY** with yourself if you find yourself feeling pessimistic. It is only natural to feel pessimistic at times.
- ~ Acknowledge that changing your mental attitude takes time, so **BE PATIENT!**
- ~ Keep a list of **MOTIVATIONAL AND INSPIRING** quotes handy, and read them several times a day.
- ~ At least once a day **LISTEN TO MUSIC**, your favorite songs or some inspiring or relaxing music.
- ~ **EXERCISE** your body often and regularly.
- ~ At least once a day do something that makes you **HAPPY AND SATISFIED**.
- ~ Try to **SMILE** more often.
- ~ Take **MORE CARE OF YOUR APPEARANCE** and how you dress. When you look good you will feel more confident and positive.
- ~ Endeavor to **SEE THE GOOD** in every situation.
- ~ Get enough **SLEEP** at night. Good sleep will make you more energetic, alive and feel good.
- ~ If you can, avoid the **NEGATIVE PEOPLE**.
- ~ Learn to **ACCEPT** the past, **LEAVE IT BEHIND** and **CONTINUE** to better things. Wallowing in the past creates unhappiness and lack of optimism.



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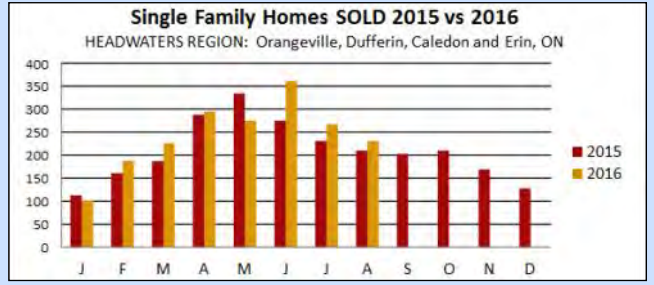
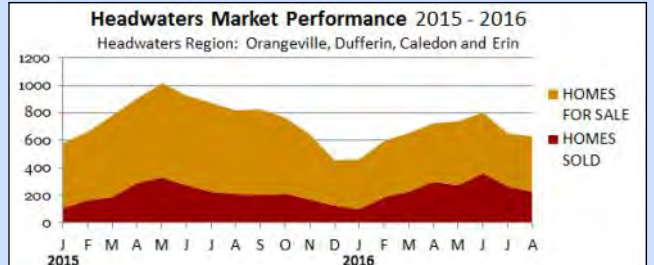


## Headwaters Real Estate Recap: AUGUST 2016

August is typically one of the slower months during the year, with families and couples finishing up their summer holidays, kids getting ready to go back to school, and the weather we've been having has been amazing!

**Inventory of homes for sale has improved** across the Headwaters region of Orangeville, Dufferin, Caledon and Erin...yet **sales have continued to be strong**. August of 2016 yielded a higher number of homes sold in Headwaters compared to 2015 (231 sales vs 201 sales respectively) and the inventory offered 200 less homes for sale than August of 2015.

In Orangeville, the number of sales has surpassed the amount of available listings for the last 6 months. **This year is turning out to be another record year for sales with the low inventory**. A total of 2509 homes sold in Headwaters in 2015...this year we are looking at 1945 listings sold to date! If trends continue, the average of 243 sales per month will put us at 2916 by the end of September! We will see that the fall market brings now that the kiddies are back to school!! ~Dave



For more graphs please be sure to visit our blog on our NEW website at [www.thegrimeteam.com](http://www.thegrimeteam.com).

## Spruce up your gardens this



# Autumn



Planting in fall can make spring gardens more robust than we might have imagined. Here are some reasons why:

**Cooler weather helps plants and people.** Autumn provides gardening energy...you aren't sweating in 30+ degree temperatures and the soil is very workable.

Plants love fall, too. Their leaves aren't stressed by scorching sun, and cooler temps lessen the demand for water from the roots.

**Less watering means lower maintenance.**

**It is easier on the plants.** There's less pressure to devote resources to keeping themselves alive, and all of their effort is dedicated to growing roots. That's the benefit of fall digging for all plants: you're helping them concentrate on roots, so when they come back in spring, they're ready to put on more top growth in the form of lovely foliage and stunning blooms.

**It's easier to see where you need to add plants.** Of course, you should leave your plants up for winter to help the garden insulate itself, capture moisture and protect overwintering pollinators, but it also will help you see where the gaps between plants are. Maybe some grass is needed in an open spot, or you realize you want some spring blooms to pop in one bed. Now's the time to make those changes while the mosquitoes and leaves are gone. You can actually see the ground and get to it through the skeletons of the year's growth.

Article from [www.Houzz.com](http://www.Houzz.com)



## HAPPY SELLER

The Grime Team made the whole process of selling our property stream-lined and efficient. The Team is positive, energetic, caring and a pleasure to work with!

-Susan C



## The Grime Team had a BUSY July and August helping these clients MOVE!

- 28 Second Street, Orangeville
- 20301 Heart Lake Road, Caledon
- 125 Jeffers Court, Orangeville
- 12th Line, East Garafraxa
- 673437 Hurontario Street, Mono
- 17 Green Street, Orangeville
- 474527 County Road 11, Amaranth
- 39 Griffin Road, Collingwood
- 39 Starview Crescent, Mono
- 64 Sandringham Circle, Orangeville
- 834113 Fourth Line, Mono
- 207113 Highway 9, Mono
- 794418 Third Line, Mono
- 348314 Fifteenth Sideroad, Mono
- 93 Fieldgate Drive, Orangeville
- 22 Murray Court, Orangeville
- 716621 Frist Line EHS, Mono
- 876404 Fifth Line, Mulmur (BUYER AND SELLER)

### LET US HELP YOU GET PACKING!

If you or someone you know is thinking of making a move please be sure to give us a call at 519-941-5151!

