

7 Secrets to Self Care and Why it Matters

Most of our roles involve making very deliberate sets of decisions. We make thousands of decisions daily. **In order to get on the path to a healthy and abundant life you must decide to take care of yourself.** You must also decide not to feel guilty about taking care of yourself. Easier said than done, but important decisions to make and keep!

As if that's not enough, a huge secret to self care is that we need to engage in deliberate activity in three arenas. The physical, emotional and mental health arena's.

1. Eat Well

- Whole food (oil free and not processed)
- Plant-based: fruits, legumes and vegetables

2. Rest Well

- 7-8 or more hours of sleep per night
- Daily meditation or prayer

3. Exercise Well

- Walk 30 minutes 5x a week or 10 minutes 3x a day for 5 days
- Yoga

4. Play Well

- Allow yourself to play
- Socialize with others (a phone call, text, maybe a social distance visit)
- Adopt a hobby

5. Be Thankful

- Look for things to be thankful for
- Show gratitude
- Give and receive grace

6. Make Time

- Make self care a priority
- Be Helpful
- The way to help others is to help yourself first

Why it Matters

In order to make these secrets work you'll have to engage in deliberate activity. It matters to yourself and those that you love the most to do so. The challenge is that you'll need to be strategic in which activities you'll deliberately engage. This is so as to actually stand a chance at forming new habits.

You see, many of us set out to make lasting changes in our lives and we fail through no fault of our own. One of the most common errors is that we try to change too many habits at once.

Choose Wisely

Since life is a series of decisions, do yourself a favor and choose one or two of the secrets to aging well to start out with. Like many things in life, self care is a journey. All journeys begin with a decision and first steps. Take a moment to decide to take deliberate action in an area that you know you need to work on and give yourself permission to start slowly. The key is to begin and then to continue to take deliberate steps to increase the activity.

Give Yourself a Break

Starting anything can be challenging. Same thing with self care. Give yourself permission to make changes to your routines. Establish new routines and celebrate when you've done so. Be kind to yourself, take care of yourself first so that you'll be able to help others.

Drawing back to the airline metaphor, self care is just like putting on your own oxygen mask first. It might seem selfish to do so, but you've got to take care of yourself first before you'll be able to help others. ***It can be done!***



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519.941.5151 or 1.800.268.2455

grimeteaminfo@gmail.com

www.thegrimeteam.com



LOCAL MARKET STATS

ORANGEVILLE:
August 2020

AUG. 2020

AUG. 2019

AUG. 2018

# OF SALES	AVG. PRICE	AVG. DOM
69	\$646,435	13
62	\$554,184	30
45	\$534,021	27

Well with the pandemic, the regular market cycle has definitely been askew this year. **The Buyers who missed out on the spring market during the lockdown have come out in full force this summer.** Inventory has not been able to reach a healthy level which has led to **many multiple offer scenarios** which in turn, has elevated prices. 69 Sales occurred in August, which is up slightly compared to last year. Average sale price has risen over 16% compared to last year up to \$646,435. Another notable statistic is the **average days on market which was ONLY 16 days** on market in August. With homes selling this quickly, it's a hard market for Buyers. **Going into the fall with the kids finally back in school, we'll see what happens!! - Dave**



Dear Clients,

Due to the current COVID-19 conditions and future uncertainty, we will not be able to proceed with our Annual Client Appreciation Pancake Breakfast.

Stay safe, stay healthy, and we can't wait to welcome all of you back at the 2021 Pancake Breakfast.

- Dave



ROYAL LEPAGE CHAIRMAN'S CLUB 2019 NATIONAL TOP 1%

Thank you!

The Grime Team would like to thank all our loyal clients in 2019 who helped us once again achieve **The Chairman's Club Award**. We are truly honoured to be in the Top 1% of over 18,000 + Agents. **We could not have done it without YOU!!!**

Missing from the photo are Margorie Grime and Drisana Prashad