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# SHERRI REALTOR® WILLIAMS

KELLER WILLIAMS REALTY

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## Could Optimism Be the Secret to Living a Longer, Happier Life?

Scientific research now confirms the secret ingredient to a longer life—an optimistic attitude. And there’s more, a Dutch study found that optimistic people live longer; in fact, almost 30% longer than pessimists. Scientists found an increased risk of cardiovascular disease, heart attack, stroke, and weakening of the immune system associated with pessimism.

**Set Specific Goals.** A study of happy people found and consistently



**Project A Cheerful Voice.** Research has shown people feel the emotion they are acting.

**Use a positive voice.** Use Positive Language. Use upbeat words: opportunity, challenge, recharging, success, can do, solution.

**Practice Good Posture.** Optimists have good posture, stand tall, walk briskly, and take big steps.

**Focus on Solutions.** When a difficult situation comes up, focus on the solution, and put it into action.

**Be A Role Model.** When you act as a role model for your co-workers, employees, family, and friends, you’ll become more optimistic.

Just by applying these six steps to your life, you can change your thinking, and reduce your risk of physical illness and live a longer, and more fulfilling life.

A famous Henry Ford quote, “Whether you think you can, or you think you can’t – you’re right,” emphasizes how much attitude determines success or failure. Other famous quotes to think about as you start the new year are:

*It's never too late to become who you want to be. I hope you live a life that you're proud of, and if you find that you're not, I hope you have the strength to start over.—F. Scott Fitzgerald*

*Cheers to a new year and another chance for us to get it right.—Oprah Winfrey*



*I like the dreams of the future better than the history of the past.—Thomas Jefferson*

*Tomorrow is the first blank page of a 365-page book. Write a good one.—Brad Paisley*

**Tranquility in the middle of the city at Lady Bird Lake (previously Town Lake)**



*Around Town*

**PLEASE KEEP ME IN YOUR MIND AS YOUR #1 REAL ESTATE AGENT TO REFER & TO USE!**

## THE JOURNEY OF A THOUSAND MILES BEGINS WITH ONE STEP -

LAO TZU

### Forward to Spring

Spring will be here before you know it. To help get ready for the chores ahead, here are some nifty tips to make cleaning more environmentally friendly.

From your kitchen pantry, get out the following:

**Vinegar - Clean scum and almost everything else**

**Sugar - Remove grass stain, grease, grime**

**Salt - Stain remover, sanitizer**

**Ketchup - Shine metal, deodorizes**

**Vodka - Kill germs, remove grease**

**Walnuts - Remove scratches from wood**

**Coffee - Remove odors**

**Coke - Remove rust, shine porcelain**

**Lemon - Brighten white laundry**

**Soda - Clean tarnished jewelry**

**Coconut Oil - Furniture polish**

For complete uses go to:

<https://www.mashed.com/77541/foods-actually-great-clean/?zergnet=1>

### Tips for Daily Living (or Not)

If your blood pressure is high, cut yourself and bleed for a few minutes thus reducing the pressure on your veins.

If you place a loaded mouse trap on top of your alarm clock, you will quickly learn not to roll over and hit the snooze button.

If you want to avoid cutting yourself when slicing vegetables, get someone else to hold them while you chop.

If you use the sink, no one can get mad because you left the seat up.

If it doesn't move, and it should, use WD-40

If it shouldn't move and does, use duct tape.

*Keep a SMILE on your face and a SONG in your heart!*

*A smile, is a sign of joy.*

*A hug, is a sign of love.*

*A laugh, is a sign of happiness.*

*And a friend like me?, Well that's just a sign of good taste!!*

*We'll be friends until I am senile.*

*Then we'll be new friends.*



*Oroya peruviana*

Make the most of yourself, for that is all there is of you.

Ralph Waldo Emerson

Are you or anyone you know considering building a new home? My training, experience and knowledge can help you. Did you know builders pay the agent and often appreciate a knowledgeable go between? Most important, you have someone to represent your best interest and it costs you nothing. Call me to find out more.

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