



Joseph's Update

on Real Estate

By **Joseph Barry Martin**



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COVER ALL YOUR BASES

In life, as in sports, it's important to make sure you have focused on every area of your life that is essential to your well-being. The following illuminating quotes will give us much to ponder and live in these beginning days of the New Year. Creating positive intentions, developing will power and courage, being playful, laughing, and having fun are all part of covering all your bases. Along with developing your spirit, mind, heart, body and loving relationships. So, make this a superlative year by going all out with yourself and taking responsibility!

It's Always Okay To Begin Again

"The object of a New Year is not that we should have a new year. It is that we should have a new soul." – G.K. Chesterton

Pay Attention to the Little Things

"It is often said that before you die your life passes before your eyes. It is in fact true. It's called living." – Terry Pratchett

"No trumpets sound when the important decisions of our life are made. Destiny is made known silently." – Agnes De Mille

Know What You Want

"I can teach anybody how to get what they want out of life. The problem is that I can't find anybody who can tell me what they want." – Mark Twain

Don't Think You Know It All

"The more we live by our intellect, the less we understand the meaning of life." – Leo Tolstoy

"And he goes through life, his mouth open, and his mind closed." – Oscar Wilde

You're Going To Have Some Bad Days

"Life does not have to be perfect to be wonderful." – Annette Funicello

"My life has been filled with terrible misfortune; most of which never happened." – Montaigne

Have Courage

"Life is either a daring adventure or nothing. Security does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than exposure." – Helen Keller

"Those of us who refuse to risk and grow get swallowed up by life." – Patty Hansen

Love Your Job

***"Work is about a search for daily meaning** as well as daily bread, for recognition as well as cash, for astonishment rather than torpor; in short, for a sort of life rather than a Monday through Friday sort of dying." – Studs Terkel*

Don't Forget to Have Fun

"Humanity has advanced, when it has advanced, not because it has been sober, responsible, and cautious, but

because it has been playful, rebellious, and immature." – Tom Robbins, Still Life With Woodpecker

"Don't be afraid your life will end; be afraid that it will never begin." – Grace Hansen

Remember the People Who Are Important to You

"There is only one happiness in this life, to love and be loved." – George Sand

"When you grow up, you have to give yourself away. Sometimes you give your life all in a moment, but mostly you have to give yourself away laboring one minute at a time." – Gaborn Val Orden

Today Is The First Day of The Rest of Your Life

"Life is a journey, and with every step we reach a point of no return." – Gaborn Val Orden

FOUR STEPS TO PERFECT HEALTH

When you don't have your health, you don't have much to keep you going. Here are four things that you can do to stay in shape and feel good. **1. Deep, slow breathing** by breathing in, then in again; out, then out again. IN, IN, OUT, OUT. This releases old stale air in the abdomen and brings in more oxygen with each breath. Practice each breath. **2. Positive visualization and meditation** about your outcomes with health, stamina, diet, exercise. **3. Daily exercise** with flexibility and optimal range of motion with all the joints, cardio for the heart and lungs, stretches and strength training for the muscles. **4. Self-massage** on the palms, soles of the feet and ears to release stress and built-up tension on trigger and acupressure points. This need only take 10 minutes daily, thereby cleansing the lymphatics and building the immune system. Take charge and reap the benefits!

MAPPING YOUR GOAL SETTING FOR THE YEAR

To make this a stronger and more productive year for you, try the following planning and mapping of your personal and professional life. What you haven't thought of and written out with intention will never happen until you do! Be in a powerful, strong frame of mind, feeling and body when you do this.

Breathe, relax, open your mind, and reflect on all the goals of the past year, finished and still happening. Let new goals, and plans long left behind, come back to you. This could be learning to play the piano, or tennis, or swimming, along with other fascinations. Write down financial goals in discrete numbers that are realistic. What career path/s will allow you attain your economic independence this year? In what ways do you need to consolidate, or to branch out? In what ways have you stretched yourself too thin? How do you need to plan self-nurturing time into your schedule?

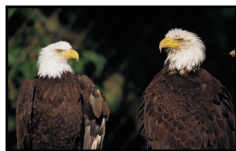
Now, take two large sheets of newsprint and sit at a table or on the floor with coloured crayons.

On the first sheet, write what is most important to you in the centre and draw a circle around it. Then with rays like the sun or spokes of the wheel from this hub, draw lines to all the essential, most valued aspects of your life, especially relationships, networks, professional ties, organizations and your actual career path or businesses. You might include exercise regimen, travel and adventure too. On mine, I included each of my businesses separately, along with creative projects, volunteer work, holiday excursions (even weekends), time for friends, and downtime. Draw small circles around each of the surrounding items. It will look like a central sun with lines radiating out to satellite circles.

On the second sheet with vertical and horizontal lines like a spreadsheet, write the 12 months of the year down the left column, and the topics, items, and businesses along the top. You may need two sheets if you have a lot of topics. Draw in a grid of squares. Now fill in for each topic what you intend to create and manifest starting with January and moving through to December 2007 for each column. Make positive, practical, do-able and small-step projections for each month with each item.

Once you've finished this, transfer this into your Daytimer on a weekly-monthly basis, so that you have concrete goals and powerful daily, weekly and monthly steps written in a book where you look and plan each day. Map all this out in your Daytimer for each week and month to the end of 2007.

Have fun staying on track and keep a journal of your progress to keep you strongly motivated!



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