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Wealth Beyond Wall Street Newsletter!

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Warren Buffett's Mantra for Success

Billionaire Warren Buffett is an obvious success, in financial terms at least. The Inc. magazine website shares the four-word mantra that's guided his career: "Face down your fears."

How to do that? Here's his advice:

- **Assess every possible outcome.** We fear failure because we fear the unknown.
Thinking through every possibility gives you a heads-up on what to expect.
- **Think positive.** Banish pessimism from your thinking.
Train yourself to visualize the results that you want. This will help build your self-confidence and prevent you from sabotaging yourself.
- **Re-evaluate the worst-case scenario.** You've got to be realistic, but don't assume defeat before you start.
Looking at your worst-case scenario may help you realize it's not inevitable and could give you some ideas for avoiding failure.
- **Set small goals.** Don't tackle your big goal all at once. Set smaller, intermediate milestones that you can work toward step by step.
Your ultimate goal will be easier to attain if you focus on manageable segments.

Clean Your Home for Safety

The coronavirus is invisible, and some studies suggest that it can live for up to two days on plastic and stainless-steel surfaces. That makes keeping your home clean imperative—think of doorknobs, handles, tables, countertops, keyboards, and light switches. Here are some tips from the CDC for home cleaning during the outbreak:

- Clean any visibly dirty surface with soap and water before using a disinfectant.
- Wear disposable gloves.
- Make sure the ventilation in the area you are cleaning is good.
- Clean with a diluted household bleach solution or an alcohol-based solution that's at least 70% alcohol.
- Follow the instructions on the cleaning product's label. Make sure it hasn't expired.
- Wash your hands thoroughly when you're finished.

Answers to Quiz

1. The Princess Bride
2. Marine One
3. Mars, Incorporated

Thoughts of the Month...

"America was not built on fear. America was built on courage, on imagination, and an unbeatable determination to do the job at hand."

-Harry S Truman

"If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone else."

-Anonymous

Referral Corner

I want to thank you for your referrals over the years. We always ask our clients, "If they can just refer us one client per year, it would help us immensely." We are grateful to everyone who's referred someone our way, and we always love to have new people become part of our inner circle of friends and family.

Health in the News

Caring for a patient at home

Chances are we'll be living with COVID-19 for a while—sometimes literally. What should you do if someone in your household gets sick?

The NPR website offers this advice for staying safe:

- **Physically isolate the person.** Designate a room or area where the patient can separate him- or herself from the rest of the house, including pets. Ideally, the space should have a door that can stay closed throughout the day and night.
- **Maintain emotional contact.** Don't leave the person hanging. We all need contact with friends and family, even at a distance. Talk as much as you can and encourage phone calls and Zoom sessions.
- **Be careful in the bathroom.** If you have to share a bathroom, exercise caution. Don't go into the bathroom right after the patient has used it. Open a window or turn on a fan to clear the air. If possible, the patient should wipe down all surfaces before leaving—doorknobs, faucets, toilet, countertops, light switches, and anything else he or she might have touched.
- **Keep the person out of the kitchen.** You or someone in your household should prepare meals and take them to the patient. Wear gloves, wash dishes in hot, soapy water or in the dishwasher, and wash your hands immediately after handling dishes or utensils.
- **Do the laundry.** Wash clothes in as hot a temperature as they'll stand to kill any traces of the virus. Dry them completely. Don't let the patient's clothes linger in a pile on the floor—wash them as soon as you can. If you have a hamper, put a washable liner inside it.

Ready for work? Follow these guidelines

You've made it through the 14-day quarantine, and you're ready to go outside and get back to work. The CDC offers these guidelines for people who had symptoms but are now feeling better:

- Wait at least three days (72 hours) after your symptoms have subsided. This means that your fever has gone without using any fever-reducing medications.
- Your respiratory problems are gone, meaning you're no longer coughing or experiencing shortness of breath.
- It's been at least seven days since your symptoms first appeared.
- If you've tested positive for COVID-19 and feel better, follow the same advice—no fever, no coughing or shortness of breath. Get at least two tests 24 hours apart to ensure you're free of the virus.

Strawberry Watermelon Feta Salad



This refreshingly sweet and super hydrating salad will be on your weekly rotation because it's embarrassingly simple- but everyone who tries it falls in love with it.

Strawberry Watermelon Feta Salad

2 cups of sliced organic strawberries
2 cups of cubed organic watermelon
2 cups of semi-thick cucumber rounds sliced in half
Handful of fresh mint leaves
3/4 cup of crumbled goat's milk feta
1 tsp of sumac

Balsamic Vinaigrette (mix/whisk well)

juice of 1 lemon
1/3 cup of balsamic vinegar
sea salt and coarse black pepper to taste
2-3 tablespoons of extra virgin olive or avocado oil!

Place all ingredients into a large bowl and toss to coat well with the vinaigrette or dressing of your choice.

Garnish with a little more fresh mint. Serve cold; best enjoyed right away!

If not eating immediately- save tossing the dressing until you're about to serve. Otherwise, it will wilt and ferment.

Time-Wasting Habits to Ditch

Do you complain that you never have enough time? The reason may be that you're wasting it—by making these mistakes:

- **Beginning your day without a plan.** If you have no plan on how you'll tackle your workload, you'll end up battered by competing demands. Manage your time better by doing the right things, not by doing the wrong things quicker.
- **Keeping a messy workspace.** A minute here, a minute there spent looking for stuff can add up fast. A messy desk wastes time and adds to your distractions.
- **Cheating yourself of sleep.** Lack of sleep increases your stress level and intensifies feelings of lack of control. You'll spend time at work wishing you weren't so tired.
- **Not taking a break.** Get away from work during lunch. Any brief breather from the day recharges your batteries and keeps you more productive.

Start Journaling Today

The Daily Stoic Facebook page suggests journaling about these troubled times. Don't know where to start?

- **Start small.** Write one line about today.
- **Track something.** Log what you did today.
- **Brainstorm ideas.** What ideas are you considering?
- **List your worries.** What are you concerned about?
- **Gratitude.** Find things you're grateful for.

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