



Issue 142
August 2020

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Freedom Wealth Services Newsletter!

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Secrets of Success from Tony Robbins

Success guru Tony Robbins is world famous for helping people achieve their dreams.

On the Forbes website he shares some of his knowledge for everyone striving to improve and advance in their career:

- **Value.** "You're rewarded for delivering massive value. And now, when a lot of jobs are being automated and technology is making things happen faster than ever before, it's even more important."
- **Motivation.** "Focusing on the needs of others has a way of motivating you to do more than you thought possible. When you give back to others, whether that's your clients, your employees, or your community, you have a different kind of drive; a force that pulls you forward."
- **Role models.** "I've found that the key to success is modeling the best. Find the people who've already achieved what you want to achieve. Study the methodology behind their success and create a similar path for yourself."

One of my original mentors, Jim Rohn, taught me: "Work harder on yourself than you ever do on your job or business."

Because if you can become more valuable, you will produce an amazing result."

What's the Risk of Catching the Virus from a Surface?

Whatever the future holds, it's clear that COVID-19 will continue to be a risk for a long time to come. People worry about the chance of catching it from a surface like a countertop or doorknob. How big is the risk?

The Centers for Disease Control and Prevention advises that it is possible to pick up the virus by touching a surface with the virus on it and then touching one's face, although that's not the most common way it is spread.

A person with the virus may cough or sneeze into their hands, then touch a surface. Studies suggest that, although it can last up to three days on plastic and steel, on most surfaces it starts to disintegrate in just a few hours.

Your best and safest bet, as always, is to wash your hands frequently and avoid touching your face as much as you can.



Monthly Quiz

1. Established in 1872, what became the world's first national park?
2. Chunk was a character in which 1985 movie about a group of young misfits looking for lost treasure?
3. What Danish author is considered by many to be the most prolific fairy tale writer?

Did You Know?

- It took Leonardo Da Vinci 10 years to paint the Mona Lisa
- The most common disease is tooth decay
- Avocados have the most calories of any other fruit
- Americas eat 18 billion hot dogs a year
- Emus can't walk backwards
- Half of all crimes are committed by people under the age of 18
- The Earth weighs 6,588,000,000,000,000 tons
- The average person goes to the toilet 6 times a day
- Jack is the most common name in nursery rhymes
- There are 7 points on the Statue of Liberty's crown
- 'Babe' was played by over 50 pigs

*Thanks www.did-you-knows.com p24

Health in the News

Practice good sun safety as you venture outside

With stay-at-home orders loosening, people can now take advantage of the warm weather to get outside to the park or the beach. You still have to be careful, especially of the sun's UV rays that can cause sunburn and cancer. Here's some advice on protecting your skin:

- **Keep to the shade.** If you go to the beach, bring an umbrella. Stay out of direct sunlight from 10 a.m. to 2p.m. Wear protective clothes, wide hats, and sunglasses.
- **Use sunscreen.** Choose sunscreen that's water resistant, especially if you head to the beach or swimming pool. It should have an SPF of at least 30. Apply every two hours, as well as after swimming or sweating.
- **Remember vitamin D.** We get vitamin D, which supports immune health, from sunshine, but sunscreens can block it. You can take supplements, but foods rich in vitamin D include fatty fish, eggs, tofu, mushrooms, cheese, and fortified milk and juices.
- **Check yourself out.** Perform regular skin exams at home if you want to detect skin cancer early when it's most treatable. Contact your dermatologist if you find anything suspicious.

Keep your sanity as the crisis drags on

The COVID-19 pandemic has taken a toll on everyone, and not just physically. Taking care of your mental health is important too, especially because no one knows when the crisis will end. The GOV.UK website shares this guidance on staying sane during these uncertain times:

- **Stay connected.** Maintain your relationships with friends and family. Social distancing guidelines may be looser these days, making things easier, but if you or a loved one is in self-quarantine because of a positive test for the coronavirus, don't stay isolated. Reach out.
- **Talk about your worries.** Whether you work with a counselor or just talk to friends, don't bottle your emotions up. Speak up about what's worrying you. Letting your feelings out is good for your mind and soul.
- **Take care of yourself physically.** Eat healthy meals and exercise. Take a walk or a bike ride. Getting outside and staying in good physical shape will help you maintain a healthy mental state.
- **Get plenty of sleep.** Sleep can be elusive when you're nervous about life. Stick to a routine that encourages eight or nine hours of sound sleep every night. You'll get the physical rest you need and the mental break necessary to brain health.
- **Find things to enjoy.** Make a point of pursuing pleasurable activities to take your mind off things. Read a good book, watch a lighthearted movie, finish a jigsaw puzzle, cook a gourmet meal—do anything that lifts your spirits and makes you feel better.

Answers to Quiz

1. Yellowstone National Park
2. The Goonies
3. Hans Christian Anderson

Thoughts of the Month...

"The greater part of our misery or unhappiness is determined not by our circumstance but by our disposition"

-Martha Washington

"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it."

-Henry Ford

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.

Berry Crumble



It isn't summer without a serving of a summer favorite Berry Crumble. An easy, comfort food dessert that's satisfyingly sweet and oh-so-good.

Berry Crumble

Filling:

2 pounds fresh berries, rinsed and drained
1/4 cup sugar
3 tablespoons cornstarch

Crumble:

1 cup flour
1/4 cup sugar
1/3 cup brown sugar
1/2 cup old fashioned oats
1 stick butter, diced at room temperature
1 teaspoon cinnamon
1/8 teaspoon salt

Preheat oven to 350°F. Place 6 ramekins on a foil-lined sheet pan. Toss rinsed berries with sugar and cornstarch. Divide berries evenly among the ramekins.

To make the crumble, combine the flour, sugar, brown sugar, oats, cinnamon, and salt in the bowl of an electric mixer. Add the butter and mix on low until the mixture is crumbly.

Top each berry filled ramekin with the crumble mixture. Bake for about 35 minutes until the juices are bubbly and the topping is browned. I love to serve with vanilla ice cream when the berry crumbles are warm from the oven.

Ease Your Financial Worries with This Advice

No one knows where we're going to be as we start looking toward fall. Between the COVID-19 outbreak and the surge in racial unrest, life seems so uncertain, and probably your financial situation does too. Ease your anxieties with this advice from the Fatherly website:

- **Know where your money is going.** This is good advice in good times as well as bad. Keep track of your spending so you can identify purchases that are unnecessary and prioritize essentials. You don't have to be ruthlessly practical—include spending on a few things you enjoy—but make sure you're not wasting dollars.
- **Consider this a trial retirement.** If you're furloughed or out of work, take this time to think about what you'll need for retirement. Even if you're young, this can be a good opportunity for you to set priorities in your life. Some expenses will go up and others may go down, so you'll have a better sense of how much you'll have to save and how your lifestyle may change when you retire for real.
- **Reduce your interest rates.** If you've got a good credit rating, you should be able to refinance some of your outstanding debts—student loans and mortgages, for example. Work with a reputable financial planner to make sure you're getting a good deal and avoiding unexpected fees.

Find Your 'Big Idea'

The legendary David Ogilvie was a pioneer of the advertising industry. One reason for his success and influence was his ability to create what he called "the Big Idea"—a memorable concept that he could wrap an ad around or base an entire advertising campaign on. Here's how he developed Big Ideas—and how you can, too:

- Step 1. Analyze your data and look for the single element that best expresses what you want to say. What one idea do you want people to remember?
- Step 2. Take that idea and boil it down to a statement of 10 words or less, using lively, action-oriented language.
- Step 3. Build your presentation—whether it's an ad, a speech, or a persuasive e-mail—around your Big Idea.

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