



Issue 145  
November 2020

## ***Inside This Issue***

**Pg. 1// Ask Yourself These Questions When Asking for Advice**

**Pg. 1// The Core of Addiction**

**Pg. 2// Health in the News**

**Pg. 2// Monthly Quiz**

**Pg. 2// Did You Know?**

**Pg. 3// Recipe of the Month**

**Pg. 3// Thoughts of the Month**

**Pg. 4// Find Greater Passion at Work – and in Life**

**Pg. 4// Evaluate Your WFH Habits**

# Freedom Wealth Services November Newsletter!

Brought to you by: Bill Constain, CEO, RFP  
[www.freedomwealthservices.com](http://www.freedomwealthservices.com)

---

## Ask Yourself These Questions When Asking for Advice

Most successful people got where they are by listening to advice. But not all advice is worth listening to.

Forbes advises (get it?) considering these questions before taking any advice at face value:

- **Is the adviser's experience relevant?** You wouldn't take career advice from your dentist (unless you're planning to become a dentist). If someone's expertise is in a different field than yours, think twice before following it blindly.
- **Are your goals aligned?** If you're motivated to change the world, but your adviser is motivated by making money, the advice he or she gives may not line up well with your goals.
- **Do you share the same values?** You may value teamwork and collaboration. If your adviser focuses on being in charge, what works for him or her may not work for you. Probe a little to discover what your adviser believes in.
- **Do they have a strong track record in your industry?** Advisers and mentors should have sufficient experience in your business to give sound advice. Find out about their career path, their successes and failures, the results they've achieved, and the like. Then determine how well all of it fits with your professional needs.
- **Are they telling you tough truths?** The last thing you want is an adviser who just tells you what you want to hear. A trustworthy adviser will point out your weaknesses, challenge you to do better, and push you out of your comfort zone. Don't put too much stock in empty platitudes.

## The core of Addiction

- It's a common experiment: Put a rat in a cage with two bottles of water to drink. One is regular water, but the other one has water laced with cocaine or heroin. The rat quickly gets addicted to the drug-infused water and stops drinking from the other bottle. This explains the power of addiction.
- But it may not be that simple, as Johann Hari suggests in *Does Capitalism Cause Addiction?* One scientist created a "rat park." Instead of just two water bottles, the park held everything a rat could want—food, colored balls to play with, and other rats for company. In the rat park, none of the rats grew addicted to the drugged water.
- What does this show? That addiction is partly a response to one's environment. With enough resources to distract and entertain us, most people won't prefer the drugged water (or whatever). What we need is connection.

## Monthly Quiz

1. "Dazzle" is a term used for a group of what type of animal?
2. The painting La Gioconda is better known by what name?
3. The mojito is a traditional rum cocktail from which country?

## Did You Know?

- Your right lung takes in more air than your left
- Women's hearts beat faster than men's
- The atomic symbol for iron is Fe (the original name for iron was Ferric)
- The odds of being stuck by lightning is 280,000 to 1
- The average bank teller loses \$250 every year
- More people are killed by hippopotamuses than by lions, elephants and water buffalos combined
- The average person has 10,000 taste buds
- Iceland consumes more Coca Cola per capita than any other country
- 'Underground' is the only word that begins and ends with the letters 'und'
- A woodpecker's tongue can wrap around its head twice

\*Thanks [www.did-you-knows.com](http://www.did-you-knows.com) p25-26

## Health in the News

### Stay safe at the gym

As some gyms and health clubs are starting to slowly reopen, and many people are eager to start exercising again after being confined to their homes. Is it safe to go to the gym, though? The Indiana Daily Student offers this advice for getting back in shape:

- **Exercise outside if possible.** Riding a bike or taking a brisk walk is generally safer than going to any enclosed space. Some gyms are setting up outdoor exercise spaces to accommodate their members.
- **Check the spacing.** If you choose to go back to your gym, make sure that bikes, treadmills, and other exercise machines are spaced out adequately. If not, you should go back home.
- **Wipe down the equipment.** Even if staffers clean stuff off, bring your own disinfectant towels and sprays so you can wipe down everything you use before and after you touch it. Clean your hands often as well.
- **Wear your mask.** Find a mask that fits well and lets you breathe while you're exerting yourself. If exercising with a mask causes difficulty breathing, either slow down or avoid the gym altogether.
- **Start off slow.** If you haven't worked out in a while, don't jump right back into it. Begin with a lower weight, speed, intensity, or mileage to avoid injury.
- **Be careful with team sports.** If you play basketball or some other sport at the gym, make sure balls and other gear are being cleaned frequently. Maintain social

distancing and wear a mask. Clean your hands often and don't touch your face while you're playing.

- **Bring hand sanitizer.** Don't rely on the gym's procedures alone. Bring your own sanitizer so you can clean your hands frequently.

### Take control of your mental health during tough times

We live in stressful times. You don't have to let it get you down, though. The TED Conferences website offers these tips for taking control of your mental health:

- **Be proactive.** Plan for how you'll respond to stressful situations, like a panic attack or a bout of depression. Try deep breathing, meditation, reading something inspirational, soothing music, or exercise. With a clear strategy, you'll be better equipped to fight back.
- **Focus on goals.** Start your day with a clear list of tasks to achieve, even if they're modest. Assign each a priority so you know what to tackle first. Feel free to cross off nonessential items. Zeroing in on goals can keep your mind focused on what's important, so you'll be less distracted by fears and worries.
- **Rate tasks by difficulty.** This helps you manage and budget your energy. An easy task can be a one, harder tasks two, challenges three. If you're feeling stressed, start with the ones first. Accomplishing those will give you a sense of achievement that you can use to move on to the twos and threes. Don't push too hard. Some days will be better than others, and it's important not to wear yourself out on impossible goals.

## Answers to Quiz

1. Zebra
2. The Mona Lisa
3. Cuba

## Thoughts of the Month...

*"The vote is the most powerful instrument ever devised by man for breaking down injustice and destroying the terrible wall which imprison men because they are different from other men."*

*-Lyndon Johnson*

*"If you are lucky enough to find a way of life you love, you have to find the courage to live it."*

*-Bette Davis*

## 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.

## Leftover Thanksgiving Turkey Pie Soup



A hearty and flavorful slow cooker turkey soup, packed full of Thanksgiving leftovers! A comforting dish the entire family will love!

### **Leftover Thanksgiving Turkey Pie Soup**

3 Cup cooked turkey shredded or chopped  
3/4 Cup yellow onion  
1/2 Cup celery  
3/4 Cup carrots  
1/2 Cup peas  
1/2 Cup corn  
1/2 Cup green beans  
3 1/2 Cup potatoes  
3 cloves garlic minced  
2 1/2 tsp salt  
1 tsp ground black pepper  
1 tsp dried thyme  
3 3/4 Cup chicken broth  
1 1/2 Cup heavy cream  
1/3 Cup all-purpose flour  
Stuffing for topping

Shred turkey meat. Chop onion, celery and carrots into small pieces. Peel and chop potatoes into small bite sized pieces. Measure out 1/2 cup each of corn, peas and green beans. Mince garlic.

To your slow cooker, add prepared turkey and vegetables, along with salt, pepper, thyme and chicken broth. Cover and cook on low for 8 hours

In a medium bowl, whisk together flour and heavy cream until smooth. Pour into slow cooker, stirring to combine well. Replace cover and continue cooking for an additional 30-45 minutes.

Serve warm, topped off with optional stuffing.

## Find Greater Passion at Work—and in Life

What can you do to be more productive and passionate about your work and your life? Good question. The answer can be found in asking these questions at the beginning of every day:

- Why is it vital for me to involve myself in my work fully and passionately today?
- How can my attitude affect the way I respond to stressful situations?
- When do I feel most passionate: When I'm working with a customer, solving a problem for a family member, working on a project for myself, or some other time?
- Where can I best put my passion to work? With colleagues? Customers? My family?
- With whom do I need to spend time in order to do my best work?
- How can I effectively align my interests and passion with what I have to do today?
- What kind of person am I called upon to be today to best express my passion for life and work?

## Evaluate Your WFH Habits

How effective are you at working remotely? With more and more people working from home, it's important to maintain your productivity. Gauge your efforts with these questions from The Enterprisers Project website:

- **Are you communicating expectations?** You should be able to clearly tell people what you want. If you need a response by 3pm, let the other person know. This will make work easier for everyone.
- **Are you summarizing your work?** You should be able to offer progress reports and explain your results so managers and co-workers know where you're at and what you've accomplished. Don't make people wait, or guess what you're working on.
- **Are you taking breaks?** Even when you're physically at work, you're probably not chained to your desk eight hours straight. You eat lunch, chat with co-workers, take a short walk, etc. At home you may be tempted to work longer hours without a break, but that can have a negative effect on your long-term effectiveness—not to mention your morale. Be sure to take breaks during the day so you can focus without exhausting yourself.

Bill Constain, CEO

Freedom Wealth Services  
822 North A1A Suite 310  
Ponte Vedra Beach  
9043738349

<https://www.freedomwealthservices.com>