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Freedom Wealth Newsletter!

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Increase Your Productivity Without Burning Out

Being more productive isn't just doing things faster. It takes a shift in your mindset. Follow this advice from the Every girl website for getting more done—better:

- **Start a “Happy” file.** Collect emails from bosses and customers praising your work and keep them in a separate file on your desk or computer. Take a look at them when you're about to start a new project, or at the beginning of the week. This will build your confidence and motivation.
- **Track progress, not to-do lists.** A to-do list is a good start to any project, but it's also useful to keep track of your progress toward completion. Map out how long your goal will take to reach, and the steps necessary to get there. Use your map to prioritize activities and manage your energy over the long haul.
- **Use the buddy system.** Connect with a colleague who will help you stay on schedule. They shouldn't nag you about deadlines, but they can offer encouragement when your motivation starts to fade. Check in with your buddy on a daily or weekly basis. This gives you a level of accountability that can keep you moving forward.
- **Find the right task management tools.** A weekly planner is the bare minimum. Look around and invest in digital tools that will help you stay on task more actively, offering daily reminders of deadlines, commitments, and priorities.
- **Be realistic.** Don't strive for perfection at the expense of productivity. Focus on what's important and leave nonessential tasks behind. Turn down requests that don't fit your schedule or goals. Eliminate tasks that don't contribute to your eventual success.

Learn to Tolerate the Pain

During a long winter many animals were dying because of the cold.

A group of porcupines decided to huddle together to keep each other warm.

Unfortunately, their quills kept wounding their closest companions, so they split up.

Soon they began to die from the cold. They realized they had to make a choice: Either accept their companions' quills or choose death.

Wisely, they decided to come back together.

They learned to live with the few wounds caused by their close relationship to receive the warmth of their togetherness.

This way, they were able to survive.

Monthly Quiz

1. What is the French culinary term for a dish that has been covered with breadcrumbs or grated cheese and browned?
2. Located in Cambodia, what is the largest religious monument in the world?
3. Mark Twain's 1885 novel *The Adventures of Huckleberry Finn* was set along which river?

Did You Know?

- Finland has the largest number of islands in the world (over 179,550)
- The average Americans diet consists of 55% junk food
- Canada has more doughnut shops per capita than any other country
- 80% of all people hit by lightning are men
- Before beginning his movie career Keanu Reeves managed a pasta shop in Toronto Canada
- Chevy Chase's real first name is Cornelius
- The only thing that can destroy a diamond is intense heat
- A 15th anniversary is called a quindecennial
- A nanosecond is one billionth of a second
- A whip makes a cracking sound because its tip moves faster than the speed of sound
- Men change their minds 2 to 3 times more than women (women tend to take longer to decide, but once they do, they are more likely to stick to it)

Health in the News

Follow this advice at the doctor's office

You and your doctor are partners in maintaining your health. That means you should work together. The Eat This, Not That website shares these basic guidelines for making your doctor's job a little easier:

- **Follow masking rules.** Don't ignore or argue with mask rules. Other patients may be in a more vulnerable condition than you.
- **Be on time.** Running late can't be avoided sometimes, but you should try to arrive for your appointment on time. Being punctual also shows respect for your doctor's time.
- **Don't demand specific prescriptions.** Just because you saw something on TV, or a friend takes it, doesn't mean a medication is right for you. Doctors get frustrated when patients view them as just dispensers of drugs. Your doctor has the expertise and experience to decide which medication is best for your condition and symptoms.
- **Be honest.** You may be embarrassed about your weight, your drinking, how much pain you're feeling, or other information, but your doctor can't help you if he or she doesn't have accurate data. Tell the truth so.
- **Stay polite.** You may be frustrated by your condition or angry at the wait, but don't take it out on your doctor. Doctors have feelings, too, so treat them with the respect they deserve.

Take care of your body and mind at college

If you or someone you love is starting college, remember that grades aren't the only thing to pay attention to. Stay on top of your health as you ease into college with this advice from the Chapman University website:

Physical health

- **Sleep.** Get six to seven hours of sleep a night. Pay attention to how you feel when you don't get enough sleep and listen to your body.
- **Diet and alcohol.** How do certain foods make you feel after eating them? How does caffeine or alcohol affect your mood or behavior? Learn to recognize what's good for you and whatever interferes with your ability to function.
- **Stress.** Headaches and other symptoms may be signals that the pressure is getting to you. Go to your student health center to get checked out and learn how to balance schoolwork and activities.
- **Exercise.** Try to get at least 30 minutes of physical activity in each day. It'll help with weight, stress, and emotional stability.

Mental health

- **Practice mindfulness.** Pay attention to how you're feeling. What makes you happy, sad, angry, or depressed? Learning what causes your emotions to surge can help you manage situations more effectively.
- **Find a support network.** Cultivate a group of friends who value and support you. Stay in touch with your family and friends at home. Reach out when things are difficult.
- **Remember gratitude.** Instead of dwelling on the negative, spend time every

Answers to Quiz

1. Au gratin
2. Angkor Wat
3. Mississippi River

Thoughts of the Month...

"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."

-Charles Darwin

"Someone is sitting in the shade today because someone planted a tree a long time ago."

-Warren Buffett

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.

day thinking about the things you're grateful for in life—your friends, family, health, and the opportunity to learn. It'll improve your attitude and overall good health.

Zucchini Tomato Bake



Enjoy the fresh flavors of baked zucchini and tomatoes in this cheesy, herby Zucchini Tomato Bake. All you need is just 6 ingredients and 30 minutes for a fresh and flavorful zucchini tomato casserole!

Ingredients

2.5 lbs. zucchini 2 large, cut into quarters
10 oz grape tomatoes cut in halves or 2 large tomatoes, diced
5 garlic cloves minced
1/2 cup Parmesan cheese grated
1 tsp any dried herbs like basil oregano or Italian
3/4 tsp salt
Ground black pepper to taste
1/3 cup parsley or basil finely chopped
Cooking spray

Instructions

Preheat oven to 350 degrees F and spray 8 x 8 or 9 x 11 baking dish with cooking spray. Set aside.

In a large mixing bowl, add all ingredients, except parsley/basil; stir to combine.

Transfer to a prepared baking dish and bake uncovered for 25 minutes for crunchy zucchini or 35 minutes if you like well cooked vegetables. Check for doneness with a fork or knife after 25 minutes.

Ants in Your House? How to Get Rid of Them Safely

Most of us don't want to share a home with ants, but we don't want to douse the place with insecticide either. Keeping your sinks dry and clean is a good start. Here are a few natural treatments to keep ants at bay:

- Cinnamon. Place a few cinnamon sticks anywhere you spot ants crawling into your house. The pleasant odor will send ants away. (Garlic cloves work as well, though you may not enjoy the scent as much.)
- Vinegar. Spray some apple or white vinegar on areas where ants have set up shop.
- Black pepper. Sprinkle a little pepper where you see ants. Watch where they run to and treat that area as well to prevent them from returning.
- Mint. The scent of mint can disrupt ants' sense of smell. Plant mint outside, especially near doors and windows, and place a few mint leaves in and around your windows.

The Truth About Catfish

August is Catfish Month, but did you know that there are many more kinds of catfish than those that you and your grandfather used to catch and fry up on lazy summer afternoons? From 2003 to 2005 alone, more than 100 new species of catfish have been identified and named. Here's a look at some of the more unusual members of this aquatic family:

- The Wels catfish, found in central, southern, and eastern Europe, can reach almost 10 feet in length and weigh hundreds of pounds. There have been reports of them attacking small children.
- The Upside-Down catfish swims belly-up. Ichthyologists explain that it's a feeding strategy, enabling it to feed along the bottoms of submerged branches and logs.
- Most catfish are harmless, but the Candiru, a small, worm-like South American specimen, is considered dangerous because of the way it invades and paralyzes the human urethra. The Goonch catfish of Thailand is reported to have attacked humans bathing in rivers.
- The largest catfish ever caught was a Mekong catfish, a 650-pound giant caught in Thailand in 2005.

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