



Freedom Wealth **NEWSLETTER**

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Beware of Your Own Point of View – and the Trouble it Can Cause



Issue 176 | **May 2023**

How to Make Faster, Better Decisions

David McDermott made the decision to leave the profession of plastic surgery and mainstream medicine to study human communication and decision making.

Along the way, he developed confidence in his decision making and now serves as a consultant to others. Here are some of his tips:

- **Put yourself first.** One rule of thumb that should always guide you is that your decision should make you better off than you were before you made it.
- **Create work/life balance.** This means that in your decision making you're not going to compromise those who are important to you. You and your family should benefit over the short term and the long term.
- **Decide things on your own.** Don't run away from your life by allowing others to make decisions for you. Don't let other people control your life.
- **Take responsibility for your decision making.** That means if things go awry—and sometimes they do—you don't play the victim. You figure out what needs to be done and you act. You prepare for the consequences and people respect you for that.
- **Take things one step at a time.** You don't know how things are going to turn out—but don't use that fact of life to avoid decision making.
- **Change your mind if feel it's necessary.** Assess the situation and decide what is necessary to get you going where you want to go.



Need to Get Moving Again? Here's How

If you've been sedentary for a period of time, and you want to get moving again (check with your physician), you'll probably want to start slowly. Here are the Department of Health and Human Services Centers for Disease Control and Prevention's recommendations:

- Pick a moderate-intensity activity you like. You'll be more likely to stay active if you enjoy the activity.
- Build activity time slowly. Adding a few minutes every few days until you reach the activity time of 30 minutes ensures you won't become overwhelmed.
- Vary your activities so you don't become bored. Boredom is one of the main reasons people stop exercising.
- Make it a point to continually explore new physical activities. Add what you like to your routine.
- Give yourself credit and reward yourself for your successes along the way.





Learning to Take Advice Can Make All the Difference

Many people in our lives are willing to help us, says *Don't Worry, Make Money* author Richard Carlson. The problem is, he says, that most people are completely unwilling to take another person's advice—no matter how sincerely helpful and competent the advice giver is.

Carlson says that people suffer from stubbornness and don't listen to others—and absolutely refuse to take advice. What's the big deal? Carlson says you are losing time—throwing away valuable shortcuts by refusing what other people are freely offering. The world is practically bursting with people bringing riches to your door, in the form of good advice. And what do most people do? They slam the door in the advice-giver's face.

Carlson says you should do yourself a favor and show some humility. The next time someone gives you a piece of advice and your impulse is not to take it—stop and consider whether the advice is what you need or not. If the advice is good, make sure you tell the person who is giving it to you that you think it's great. Make the other person happy in the process of taking the advice. You'll be glad you did.

Health in the News

Women and heart disease—do you know the risks?

Did you know that there are currently 8 million women in America living with heart disease? In fact, according to The National Coalition for Women with Heart Disease, 13 percent of women over the age of 45 have had a heart attack. Overall, 435,000 American women have heart attacks each year and, of those, 83,000 are under the age of 65—and 9,000 are under the age of 45. The average age for an American woman to have a heart attack is 70.4. As a matter of fact, heart attacks kill six times as many women as breast cancer each year.

African American women between the ages of 55 and 64 are twice as likely as white women to have a heart attack and 35 percent more likely to suffer from coronary artery disease. And smokers take note: women who smoke risk having heart attacks 19 years earlier than their nonsmoking counterparts! And according to statistics, 39 percent of white women, 57 percent of black women, 57 percent of Hispanic women and 49 percent of Asian/Pacific Islander women are sedentary and get no leisure-time physical activity. Even



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Monthly Quiz

Question 1

Who sculpted the famous statue of David?

Question 2

The Dance was a 1910 work by whom?

Question 3

In which country was the first Audi made?

Answers: Michelangelo, Matisse, Germany

though more women than men die from heart disease each year, women receive only 33 percent of angioplasties, stents and bypass surgeries—and women comprise only 25 percent of participants in all heart-related research studies.

Tips for eating out if you're diabetic

If you're diabetic and eating out—here are a few things the American Diabetes Association says you should keep in mind.

- If it's not listed on the menu—ask what's in a dish and inquire about the serving size.
- If the serving size is larger than what you eat at home, either share some of the food with someone or ask for a container and immediately pack away the extra portion for another meal.
- Eat your meal slowly.
- Order your baked potato plain, and then add butter or low-fat sour cream yourself. That way you maintain control over the fat content.
- Ask for all sauces and salad dressings on the side. When eating a salad, try dipping your fork tines into the dressing and then spearing the bite you will eat—or add only one teaspoon of salad dressing at a time. This will help you eat less dressing—which can be loaded with fat.
- Order things that are not breaded or fried if possible. If you get something that is breaded, peel the outer coating off before eating.
- Take a creative look at what's on the menu. Order fruits for your dessert or combine a salad with a small low-fat appetizer instead of ordering an entrée.
- Make smart substitutions. Instead of french fries, ask for a double order of a vegetable. If no low-fat alternatives are available, consider asking that the high-fat items not be brought out to you.
- Ask if foods can be broiled rather than fried.
- Limit your alcohol intake. Alcohol adds calories, but no nutrition to your meal.

Did You Know?

- **There are 2,598,960 possible hands** in a 5 card poker game
- Nintendo first produced **playing cards**
- **The word denim** comes from 'de Nimes' or from Nimes which is a town in France
- **There are over 600 windows** on the Empire State Building
- Chameleons can move their eyes in two directions **at the same time**
- A chameleon's tongue is **twice as long as its body**
- **A newborn kangaroo** is about 1 inch in tall
- A woodpecker can peck **20 times a second**
- Catfish have **over 100,000 taste buds**
- The world's smallest mammal is **the bumblebee bat of Thailand**
- England's Stonehenge is **over 5,000 years old**

*Thanks www.did-you-knows.com p41-42

Thoughts of the Month

"No matter what people tell you, words and ideas can change the world."

– **Robin Williams**

"Your present circumstances don't determine where you can go; they merely determine where you start."

– **Nido Qubein**

Strawberry Lemonade Cookies



These lemon-infused strawberry cookies start with are super easy thanks to a strawberry cake mix. With a tangy lemon frosting, they're sure to be a hit all summer long!

Ingredients

Cookies:

- 1 box of strawberry cake mix (any brand)
- 2 eggs
- 1/3 cup vegetable oil
- 2 tablespoons flour
- 2 teaspoons lemon juice
- 1 tablespoon lemon zest

Frosting:

- 2 cups powdered sugar
- 4-5 tablespoons lemon juice

Instructions

Preheat oven to 350 degrees. Line baking sheets with parchment paper.

In a large bowl, combine the cake mix, eggs, oil, flour, lemon juice and zest.

Beat with an electric mixer until well combined (batter will be sticky).

Drop tablespoons of dough onto prepared baking pans. Bake for 8-10 minutes. Cool completely.

To make frosting, combine powdered sugar and about 4 tablespoons of lemon juice in a medium bowl until smooth. Add additional lemon juice, as needed, until frosting reaches desired consistency.

Spread frosting over cooled cookies.



Beware of Your Own Point of View—and the Trouble it Can Cause

There was once a young man who loved to cause trouble. One day at home he found an old hat and some paint. For his purposes he drew a line down the center of the hat dividing it in half and painted the right side red and the left side white. Then the young troublemaker went out for a walk. He took a well-traveled path and soon came upon two people who looked like they were friends headed his way. The troublemaker pretended to ignore the two friends, walking between them when he came upon them. Then when he was out of sight, the troublemaker doubled back and hid behind a tree near the friends who were discussing the fellow who had just passed by them.

“He was tall—and did you see that red hat?” said one friend. “Red? He was wearing a white hat,” said the other. Soon the dear friends were rolling about on the ground exchanging blows while the troublemaker snickered from behind the tree. It never ceased to amaze him what humans would fight about—ruining perfectly good friendships over the color of a hat. He shook his head smiling and walked away.

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.



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