



Freedom Wealth **NEWSLETTER**

Brought to you by: **Bill Constain, CEO, RFP, RFC**

www.FreedomWealthServices.com

(904) 373-8349

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The Messy-desk/ Neat-desk Wars

Does it really matter whether your desk is messy or neat? The answer: It depends. Some people claim that having a messy desk is an esoteric connection to their creativity. Others claim that a messy desk has caused them to stop progressing in their careers because it gave the impression that they were not handling their work lives well.

The truth is there are people who have almost unbelievably messy desks who are wonderful at their jobs. And there are also people who have desks that could pass the white glove test—and they are wonderful at their jobs as well. Some people are able to do a great job because they are orderly and follow routines.

Some people are able to do a great job for just the opposite reasons—they do not subscribe to conventional norms and refuse to follow anyone else's lead. (Albert Einstein comes to mind.)

So, the best advice on your desk and your career is this: Figure out what kind of thinker and worker you are and proceed. If you need to have a messy desk in order to do a great job—it's likely your boss won't mind. (And if he or she does, you might want to work in a place that is more welcoming of your work style anyway.) If you need a clean desk in order to do a great job—then clean till your heart's content.

The truth is intelligent bosses know that every person has his or her unique approach to work and will create an atmosphere of acceptance and tolerance so that every person can tap his or her greatest potential.



The Secret to Contentment

While good workplaces often try their best to be fair in employee matters, companies sometimes fall far short of the mark that workers hope for. So, what are disappointed workers to do when, for instance, they look around and find that someone in the office who is doing less work or a lower quality job than they are is making more money than they do? It's a common problem and can fill a worker with resentment—and sometimes is the impetus for flying the coop.

Sometimes the situation can be corrected. But the truth is that there will always be people who work less with less skill than you and make more for it—so how do you stay content in a world filled with these kinds of injustices? You may want to frame the following words by the beloved Benjamin Franklin so that you can look at them for support when your situation starts to get you down: “To be content,” he says, “look backward on those who possess less than yourself, not forward to those who possess more.”





Want to Discover Your True Purpose in Life? Here's How

To discover your true purpose in life—not your job or your goals—you'll just need 20 minutes, says personal growth specialist Steve Pavlina. What he's talking about, he says, is answering the question of why you are here on the planet.

To find your purpose here's what he says to do: Get a pen and piece of paper or sit at your computer and write or type the question, "What is my purpose in life?" Then write whatever pops into your head. Repeat this process—keep writing answers—until you hit one that raises your emotion. You'll know when you've got it, he says.

And Pavlina should know a thing or two about finding purpose. When he was 19, he found himself in jail for felony grand theft—and when he got out of jail, he found he had been kicked out of school. Then, he says, something clicked. He woke up and grew up instead of giving up. He took responsibility for his actions, and he's not in jail or living a life of crime. Instead, he's helping others find their way to more meaningful lives.

Health in the News

Older women need to keep moving

If senior women want to avoid painful arthritis symptoms, one of the best things older women can do is keep moving, a study has found. Researchers at the University of Queensland, Australia, found that women between the ages of 72 and 79 who do a little over an hour of moderate physical activity per week lessened their chances of developing frequent arthritis symptoms over the next three years. Women who pushed that number up to 2 hours per week were even more likely to prevent arthritis symptoms from occurring.

Why you should say yes to blueberries

While nutrition science is finding reasons for adding berries of all kinds to your diet, a new study has found that blueberries contain a compound that can potentially prevent colon cancer. The study,



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Monthly Quiz

Question 1

Vladimir Putin is the leader of which country?

Question 2

Which is the first James Bond movie to star Daniel Craig in the title role?

Question 3

Who is the author of The Davinci Code?

Answers: Russia, Casino Royale, Dan Brown

a joint venture of Rutgers University and the Department of Agriculture found the compound, pterostilbene, a potent antioxidant that is abundant in blueberries could prevent cancer in animals, and possibly has the potential of being developed into a preventative pill.

Antioxidants found in many fruits, vegetables and whole grains are showing potential for fighting colon cancer, the second leading cause of cancer death in the United States. Experts say that the blueberry won't cure cancer but represents an attractive new strategy for preventing the disease. In the study 18 rats were given a compound to induce colon cancer. Nine rats were fed a balanced diet; the other nine were also given a pterostilbene supplement. At the end of the eight-week study, the rats that were fed pterostilbene showed 57 percent fewer precancerous lesions than those fed merely a balanced diet.

Researchers say the compound also reduced other risk factors for colon cancer such as inflammation and colonic cell proliferation. Other studies have found evidence that blueberries possibly prevent memory loss and heart disease.

Quick energy tip

Often, without realizing what they are doing, people make themselves feel bad at work, says Naked at Work (and Other Fears) author Paul Hellman. For instance, he says that a lot of people in the work world walk around the office telling themselves they are tired and don't feel good. It may be true that the person is tired and doesn't feel good, but Hellman suggests trying the following. Whenever you catch yourself thinking that kind of thought, reverse the process and think, "I feel great and have lots of energy." While feeling tired might not be caused merely by your thoughts, you might be surprised at how much the affirming thought can energize you.

Did You Know?

- Franklin Mars invented the Snickers Bar in 1930
- Hawaii is the only US state that grows cacao beans which go into the production of chocolate
- One plain milk chocolate bar has more protein than a banana
- 52% of Americans drink coffee
- Brazil accounts for 1/3 of the world's coffee production
- Coffee is generally roasted between 204 - 218C (400 - 425F) (the longer the beans are roasted the darker the roast)
- Coffee is grown commercially in over 45 countries around the world
- Coffee is the most popular beverage worldwide with over 400 billion cups consumed each year
- Coffee represents 75% of all the caffeine consumed in the US
- As a world commodity coffee is second only to oil

*Thanks www.did-you-knows.com p42-43

Thoughts of the Month

"Either you run the day, or the day runs you."

– Jim Rohn

"A good criterion for measuring success is in life is the number of people you have made happy."

– Robert J. Lumsden

Berry Patriotic Chia Seed Pudding

Celebrate berry season and summer holiday weekends with a festive berry patriotic chia seed pudding. This recipe is paleo, vegan, gluten free, and dairy free.



Ingredients

Plain Chia Pudding Ingredients

2 cups of unsweetened almond, coconut milk

1/2 cup organic chia seeds

1 teaspoon pure vanilla extract

1/2 teaspoon cinnamon

Berry Patriotic Chia Seed Pudding

8 large strawberries, stems removed

3 ounces raspberries

6 ounces blueberries

2 cups chia seed pudding

Instructions

Plain Chia Pudding Instructions

Pour 2 cups of almond milk in a mason jar and add the chia seeds, vanilla and cinnamon and stir. Let sit overnight, stirring once or twice.

Berry Patriotic Chia Seed Pudding Instructions

Place clean strawberries and raspberries in a food processor and blend until smooth. Pour the berry mixture into the bottom of 4 small mason jars or bowls and place in the freezer until set, about 15 minutes.

Set the chia seed pudding in an even layer, on top of the strawberry - raspberry mix.

Top with blueberries and enjoy!



Tips on Getting That Ever Evasive Raise

Want to get a raise? According to career columnist Penelope Trunk, the first thing you need to do is some homework on what other people are getting paid to do what you do. After that she has a few other recommendations for landing a fatter paycheck.

Here they are:

- Be reasonable in your approach. Try to see what's going on from your boss's perspective. He or she probably won't want to pay you more if all you can talk about is what a good job you're doing. Instead, you need to convince him or her that you're doing more than what's expected.
- Take on more responsibility. Show your boss that you are willing and able to take on more work. Later you can tell your boss the work you're doing constitutes more than one job and you'd like to be paid for it. (Of course, you have to do this with tact and skill).
- Start establishing your status as a great worker well ahead of asking for a raise. That means that you work hard, tell people about it, and all the while avoid being obnoxious.

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.



Bill Constain
CEO, RFP, RFC

Freedom Wealth Services
822 North A1A Suite 310
Ponte Vedra Beach, FL 32082

(904) 373-8349

<https://www.freedomwealthservices.com>