

JANUARY NEWSLETTER



RESOLUTION ALTERNATIVES

More than half of all resolutions fail, but this year, they don't have to be yours. Here's how to identify the right resolution to improve your life, create a plan on how to reach it, and become part of the small group of people that successfully achieve their goal.

You'll give yourself your best shot at success if you set a goal that's doable – and meaningful, too. According to the time management firm Franklin Covey, one third of resolutioners don't make it past the end of January. A lot of these resolutions fail because they're not the right resolutions. And a resolution may be wrong for one of three main reasons:

- It's a resolution created based on what someone else (or society) is telling you to change.
- It's too vague.
- You don't have a realistic plan for achieving your resolution.

Your goals should be smart – and SMART. That's an acronym coined in the journal *Management Review* in 1981 for Specific, Measurable, Achievable, Relevant and Time-bound. It may work for management, but it can also work in setting your resolutions.

1. Specific.

Your resolution should be absolutely clear. "Making a concrete goal is really important rather than just vaguely saying 'I want to lose weight.' You want to have a goal: How much weight do you want to lose and at what time interval?" said Katherine L.

Milkman, an associate professor of operations information and decisions at the Wharton School of the University of Pennsylvania. "Five pounds in the next two months – that's going to be more effective."

2. Measurable

This may seem obvious if your goal is a fitness or weight loss related one, but it's also important if you're trying to cut back on something, too. If, for example, you want to stop biting your nails, take pictures of your nails over time so you can track your progress in how those nails grow back out, said Jeffrey Gardere, a psychologist and professor at Touro College of Osteopathic Medicine. Logging progress into a journal or making notes on your phone or in an app designed to help you track behaviors can reinforce the progress, no matter what your resolution may be.

3. Achievable

This doesn't mean that you can't have big stretch goals. But trying to take too big a step too fast can leave you frustrated, or affect other areas of your life to the point that your resolution takes over your life –

and both you and your friends and family flail. So, for example, resolving to save enough money to retire in five years when you're 30 years old is probably not realistic, but saving an extra \$100 a month may be. (And if that's easy, you can slide that number up to an extra \$200, \$300 or \$400 a month).

4. Relevant

Is this a goal that really matters to you, and are you making it for the right reasons? "If you do it out of the sense of self-hate or remorse or a strong passion in that moment, it doesn't usually last long," said Dr. Michael Bennett, a psychiatrist and co-author of two self-help books. "But if you build up a process where you're thinking harder about what's good for you, you're changing the structure of your life, you're bringing people into your life who will reinforce that resolution, then I think you have a fighting chance."

5. Time-bound

Like "achievable," the timeline toward reaching your goal should be realistic, too. That means giving yourself enough time to do it with lots of smaller intermediate goals set up along the way. "Focus on these small wins so you can make gradual progress," Charles Duhigg, author of "The Power of Habit" and a former New York Times writer, said. "If you're building a habit, you're planning for the next decade, not the next couple of months."



For the full article, go to:
<https://www.nytimes.com/guides/smarterliving/resolution-ideasblog/5-ways-to-make-the-holidays-more-meaningful>



photo from <https://spicysouthernkitchen.com>

Ingredients:

- 1 tablespoon butter
- 1 small onion, diced
- 1/2-1 tablespoon finely chopped pickled jalapenos
- 1/4 teaspoon ground cumin
- 4 ounces cream cheese, softened
- 1/3 cup sour cream
- 1 (10-ounce) can Rotel diced tomatoes and green chilies, drained
- 1 (15-ounce) can seasoned black-eyed peas, drained
- 1/2 cup shredded Mexican cheese or cheddar
- salt and pepper

Directions:

1. Preheat oven to 350 degrees.
2. Melt butter in a pan and add onion. Cook until soft.
3. Add remaining ingredients to pan EXCEPT shredded cheese. Stir to evenly mix and remove from heat. Check for seasoning and add salt and pepper to taste.
4. Transfer dip to a greased cast iron skillet or baking dish. Sprinkle shredded cheese on top.
5. Place in oven and bake for 20 minutes or until warm and cheese is melted.
6. Serve with tortilla chips.

Full recipe can be found at: <https://spicysouthernkitchen.com/hot-black-eyed-pea-dip/>



ACHIEVE	CHANGE	GOAL	MEASURABLE	PROGRESS
ACTIVE	COMMITMENT	GYM	NEW	RESOLUTION
ALTERNATIVE	EXERCISE	HEALTHY	OVERCOME	STRENGTH
ATTITUDE	FAMILY	KIND	POSITIVE	TRACK

FOR YOUR HEALTH

Beating the Winter Blues

Winter blues, or Seasonal Affective Disorder (SAD), is thought to be common. It can affect people of any age, including children. Some ways to combat SAD are:

- Keep active
- Get outside
- Keep warm
- Eat healthy
- See the light
- Take up a new hobby
- See your friends and family
- Talk it through
- Join a support group

For more details and in depth information on the ways to beat SAD go to the full article at: <https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-winter-blues-sad/>

GROTTOES MANOR

709 Augusta Ave
Grottoes, VA 24441
(540)249-3060
www.MarkDanaVa.com



CALENDAR JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rent Due Office Closed Happy New Year!	2	3	4	5
6	7	8 Exterminator	9	10 Late Notices at 10:00 am	11	12
13	14	15	16 Grottoes Manor Apartment Inspections	17 Grottoes II & III Apartment Inspections	18	19
20	21 Martin Luther King, Jr Day	22	23	24	25	26
27	28	29	30	31		

COMMUNITY NEWS

- ▶ Happy New Year to all of our residents!
- ▶ We would like to remind everyone that rent is due on the first of every month and is late at 10:00 am on the 10th of the month. If your rent is not received by then you will be charged the late fee.
- ▶ The exterminator will be coming on the second Tuesday this month because the first Tuesday is a holiday.
- ▶ **Apartment Inspections will be on January 16th and 17th. Please be prepared.**