

Ryan Berry
Vangie Berry Signature Realty

Ryan: 352-636-5432

The Ryan Berry Team.... **Service For Life!**

"Insider Tips For Healthy, Wealthy & Happy Living..."

8 Productivity Habits

'Tis the season for good intentions about being more productive. But productivity isn't about making time to do even more things every day. It's about making sure the important things get done—and done right.

Some aspects of productivity involve finding the right tool for the job—the perfect time-tracker or the best to-do list. Others involve knowing your own habits and routines so you can play to your strengths. No one trick or hack will work for everyone, so be prepared to try a few things on for size before you find the one that works for you.

Here are a few online and offline productivity tips to get you started.

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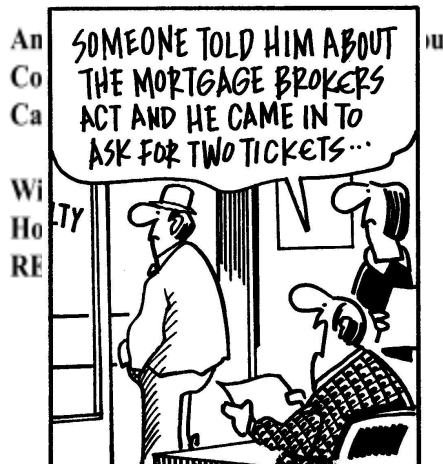
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Digital Productivity Tips

- Establish "office hours" and silence work notifications on your phone and computer outside those hours. As much as possible, keep work tasks within that time frame.
- Filter your inbox to make sure just the most important emails are seen promptly, while the time-wasters wait elsewhere. Some tools for this are [Unroll.me](https://unroll.me) and [SaneBox.com](https://sanebox.com), or you can use your email program's built-in filters.
- Download social media blocking apps, like [Freedom.to](https://freedom.to) and [AppBlock.app](https://appblock.app), to help you focus during specific tasks.
- Create templates that can save you time, such as email templates for messages you find yourself writing repeatedly.

Analog Productivity Tips

- Identify your most focused hours of the day and plan your schedule around them, rather than forcing yourself to take on complex tasks at a specific time of day regardless of your focus level.
- Test drive to-do lists. Maybe there's a method that works the way your brain works—like colorful post-it notes, white boards, or bullet journals.
- Try out some trusted time management methods (like [Pomodoro](https://pomodoro.github.io): <https://todoist.com/productivity-methods/pomodoro-technique>, [time blocking](https://todoist.com/productivity-methods/time-blocking): <https://todoist.com/productivity-methods/time-blocking>, and the charmingly named "[eat the frog](https://todoist.com/productivity-methods/eat-the-frog)": <https://todoist.com/productivity-methods/eat-the-frog>"). Visit these links to learn more about each!
- Get comfortable with saying "no" more often. You simply can't do everything yourself and trying to will only make you less productive.

Warning Before You Sell Your Home...

Don't put your home on the market without my Free Consumer Guide titled, "*How To Avoid 7 Costly Mistakes When Selling Your Home*." My exclusive report will give you all the facts for a fast, top dollar sale. Get your free copy by calling me at...352-636-5432

Get Free money-saving home tips at my web site: www.VangieBerry.com

Word of the Month...

Studies have shown your income and wealth are directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends (and maybe even fatten your wallet!)...

rewild (pronounced ree-WILD) verb

Meaning: to restore something to its native state or habitat

Sample Sentence: It's becoming increasingly popular for homeowners to rewild their lawns, letting native plants take the place of grass, for a low-maintenance yard solution that's far more pollinator-friendly.

Washing Weighted Blankets

More and more people swear by weighted blankets, but it may not be obvious how to wash them.

In most cases, you can throw blankets weighing less than 20 pounds right in your home washing machine. Experts recommend using the gentle cycle on your machine with cold or warm water, not hot water, and tumble dry on low. Skip the fabric softener, too.

Be sure to check the care tag for specific washing instructions—and get more blanket laundering tips in this article, including information about washing weighted blankets based on their fabric content:

dropps.com/blogs/spincycle/how-to-wash-a-weighted-blanket

Quotes To Live By...

“Speak in the vernacular. The moral urgency of change acquires its greatest grandeur when expressed in shared language.”

— Mike Davis, Historian

Plant-Based Eating On A Budget

Whether you're looking for a diet option that's healthier for yourself or the planet, focusing on mostly plant-based meals is an excellent option. Eating a plant-based diet can absolutely be budget-friendly, but it may take a little more effort and planning to get started. Here are a few things to keep in mind.

- ☐ The produce section of any big grocery store will have plenty of inexpensive fruits and vegetables to choose from, so you don't have to make a trip to a specialty market for organic produce.
- ☐ Buy extra vegetables when they're on sale to freeze for later use.
- ☐ Fresh isn't your only (or even best) option. Frozen and canned veggies or beans can be incredibly cheap, and they make meal prep faster.
- ☐ Use every bit of what you buy. Carrot tops make great pesto, beet greens behave just like spinach leaves when sauteed, and even onion skins and carrot peels can be turned into homemade veggie stock.
- ☐ Getting enough protein when you cut back on meat is an easy money-saver: protein-rich foods like legumes and beans cost a fraction of what you'd spend at the butcher's counter.

The Plant Based on a Budget site has a huge catalog of healthy and delicious vegan recipes as well as cookbooks:

(<https://plantbasedonabudget.com/>).

Would You Like To Know How Much Your Neighbor's Home Listed Or Sold For?

Maybe you're just curious. Or maybe you want to know how much your home is worth. Either way, I can help...with no "sales pitches" or run-arounds. Call me at **352-636-5432** and I'll give you all the facts.

Renovations That Can Devalue Your Home

Contrary to what you might think, not all home improvements and renovations increase the value of your home. In fact, some do the opposite. You might want to reconsider these changes if you want to boost value:

☐ Making A Budget You Can Keep

- ☐ Budgeting is top-of-mind for many at this time of year, but you might be better served by working on a **spending and savings plan** instead. Some experts contend that while a budget can feel punitive, a spending and savings plan sounds more freeing. This plan does focus on saving, but it doesn't make people feel like they must deny all spending in the process—which means they're more likely to stick with it.

- ☐ Before you get to what to spend and save, however, you need an accurate picture of your current money situation. Create a tracking method for income and routine expenses like mortgage, car payment, utilities, etc. This gives you a clear picture of how much you have left over to save or spend each month.

Here are a few tips for creating your own spending and savings plan.

- Set up automatic savings methods like auto transfers into your savings

Brain Teaser...

A yellow house, green house, and white house are on one side of the street. The yellow house sits to the left of the middle house and the green house sits to the right of the middle house. Where is the white house?

(See page 4 for the answer.)

Real Estate Question?

Maybe you want to know how much your home is worth. Or maybe you just need a recommendation for a handyman, carpet cleaner or plumber...

Either way, I love hearing from all of my good friends and clients. And I'm happy to help answer questions you might have about anything relating to real estate or home-ownership.

If you have a question, tip or idea, call me at **352-636-5432**. I'm here to help!

S.O.Say What?

We all know that SOS means "help," but do you know what SOS stands for?

Trick question! It doesn't stand for anything. The letter combination was chosen as a Morse Code distress signal in the early 20th century because it was simple to send out and interpret—three dots, three dashes, three dots.

Media 'Trigger Warning' Websites

There are several websites you can check before pressing play that will alert you if anything in a movie or TV show might be troubling to kids or those with sensitivities.

DoesTheDogDie.com: As the name suggests, this site has crowdsourced warnings about whether a dog dies in a movie or show, but it also tracks more than 180 other triggers, too.

HAPPY NEW YEAR!

As we move into the New Year, I want to say Thank You to all of my clients for their support over the past years. Without you, we wouldn't be here. We are truly grateful to have been able to help with your Real Estate needs. Be sure to recommend us to a friend or family member. We will be more than happy to provide them with our Signature Service as well and also become their "Realtor for Life".



Thanks For Thinking of Me!

Did you know I can help you or any of your friends or family save time and money when buying or selling a home? Thanks for keeping me in mind with your referrals...and spreading the word about my services.

Brain Teaser Answer:

Washington D.C.!

From Soup To Nuts

Sitting down to a multi-course meal in the evening isn't how most of us probably experience dinner.

But it's precisely that kind of formal affair that gives rise to the familiar idiom, "from soup to nuts," which means "from start to finish"—soup being a traditional first course and nuts, cheese, or dessert being common options for the final course.

This version of the idiom dates from the mid-1900s in the U.S., though there are older variations from England ("from pottage to cheese," pottage being a porridge made from vegetables) and Ancient Rome ("from eggs to apples").

THANK YOU for reading my **Service For Life!**® personal newsletter. I wanted to produce a

God Says:

**"I am a writer,
whose tablet is your
life. There I write
letters that tell of
your salvation."**

2 Corinthians 3:3-4

"Who Else Wants To Win A \$25 Target Gift Card?"

Guess who won last month's Trivia Question? I'm pleased to announce the lucky winner of last month's quiz. And the winner is ...drum roll please: Nobody correctly answered our question last month. Be sure to enter your answer this month.

How big was the largest snowflake ever recorded, in width?

a) 8 inches b) 12 inches c) 15 inches d) 23 inches

The answer is c) 15 inches. According to Guinness World Records, the largest snowflake ever recorded was 15 inches wide and 8 inches thick. The snowflake was reported on January 28, 1887, by Matt Coleman, a rancher in Fort Keogh, Montana. So, let's move on to this month's trivia question.

This band's biggest hit reached number one on airplay charts in 1995, but it wasn't even available as a single at the time. What's the band?

a) TLC b) No Doubt c) The Rembrandts d) Boyz II Men

Call or text me at (352) 636-5432 OR Email Me At

officemanager@vangieberry.com

And You Could Be One Of My Next Winners!

Real Estate Corner...

Q. Will I net more money if I sell my home myself or should I hire a REALTOR® to do it?

A. It depends on your situation, time, and motivation. You can sell your home yourself by staging it, setting the right price, creating a marketing plan, and fulfilling all legal requirements. Or you may hire a "Home Marketing Expert," who will charge a commission but help you with pricing, provide you exposure by marketing your property to other real estate agents, show your home and coordinate the closing process.

You might consider these facts:

- According to a recent report by the National Association of Realtors, sellers who sold their own homes sold at a median of \$225,000, significantly less than the median sale price for a home sold with an agent, \$345,000. About 10% of homes sold were sold without an agent.
- **Sellers who sold their own homes sold more quickly** because the homes were typically sold to someone the seller knew.
- **The most difficult part** for those who sold their own home was: setting the right price.

To learn more about how to sell your own home, call and ask for my Free Consumer Report called **"7 Insider Tips To Net More Money Selling Your Own Home."** I'll send a copy right to you. Please call me at **352-636-5432**. Perhaps I'll feature your question in my next issue!

Get Free money-saving home tips at my web site: www.VangieBerry.com