A Season of *Grace*

Autumn offers a natural pause to assess what worked for you over the past year. If you haven't fully reached your goals, offer yourself grace and know you can always start fresh at any time.

Keep "falling" into:

- Healthier eating
- Better work-life balance
- Connecting with loved ones
- Less screen time
- Better sleep
- Physical activity
- Efficient budgeting
- More "me" time
- Expressing gratitude to others



Set Yourself Up for Success

Start small. Choose one or two new habits you'd like to work on before the new year.

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Now, Pass It On: The Art of *Gratitude*

Taking the time to express your gratitude doesn't require grand gestures. Often, it's the simplest words and heartfelt actions that have the greatest impact.

Words that Matter

- "I appreciate what you did."
- "That made my life a lot easier."
- "Thanks for always showing up."
- "I couldn't have done that without you."
- "You saved me a lot of time."
- "I'm glad you're on my team."
- "You always come through."
- "I appreciate your time."
- "I want you to know I never take what you do for granted."

Oh, by the way... the greatest compliment you can give me is a referral. If you know someone who's thinking about buying or selling a home, I'd be honored if you'd introduce us. I'll take great care of them every step of the way.