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Ventura County Weekly Farmer's Markets

Oxnard - Sun. 10am - 2pm
3600 Harbor Blvd

Simi - Tues. 10am -3pm
3000 Sycamore Dr

Ventura - Wed. 9am - 1pm
Pacific View Mall

Thousand Oaks - Thurs.
12 - 5pm
Oaks Mall Dr

Simi - Fri. 11am - 3:30pm
2757 Tapo Canyon Rd

Camarillo - Sat. 8am - 12pm
Downtown
2220 Ventura Blvd

Ventura - 8:30am - 12pm
Downtown
200 block W. Main St

Make Your New Years Resolutions Stick!



Have you made a resolution for 2026, hoping this year will be different? Whether its eating healthier, working out, or saving more money, we all start strong but by February, those goals usually feel unnecessarily ambitious and extremely out of reach. But what if this year could actually be the one where you succeed and make your resolutions stick? Here's some quick tips to help your new year's resolutions succeed!

Pick goals that excite you.

The first trick is pretty simple, figure out a way to make fulfilling your resolutions a little more joyful. Why torture yourself with bland boiled veggies or boring workouts? If eating healthier is your goal, think of other delights like overnight oats with fruit healthy soups instead of forcing yourself to choke down plain salads or quinoa. If fitness is your thing, sign up for a Zumba class or try softball or pickleball. When you enjoy the process, sticking to it becomes truly easier.

Be specific with your goals.

Vague goals like 'get fitter' or 'save money' won't cut it if you want to see real progress. Instead, make your resolutions clear and measurable. For example, decide to run a 5k in an hour by March or save for a trip to Disneyland by summer. Specific goals keep you focused and motivated to hit targets along the way; this way you can tell that the more you do it, the closer you are to your goal.

Celebrate the small wins.

Treat yourself! Maybe binge-watch your favorite streaming series or buy that little treat you've been eyeing because small celebrations keep you excited and motivated to achieve much more than you thought you could.

**From all of us at
Ventura Management**



**We would like to wish
everyone a healthy and
happy New Year!**

- **Need to buy or sell your home? Ask how we can save you thousands!**
- **Know someone who needs help with property management. We can help!**

Chris Marsh has been in the real estate business and serving the Ventura County area for over 35 years. He is well versed in all types of real estate matters.



Chris Marsh
805 630-4925



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Make Your New Year's Resolutions Stick (cont.)

Plan, plan, plan!

A well-thought-out plan is half the battle. Break your goal into small actionable steps that work with your schedule. If your aim is to cook more at home, start by meal prepping or learning 1-2 easy recipes every week instead of forcing yourself to cook from scratch every day. Want to save money? Track your spending and start small, maybe start by saving only \$5 bills when you get them.

Account for distractions.

If there's one thing you can be sure of, it's that life can be unpredictable, from your gym trainer not showing up to finishing all your healthy meal preps before the week is done. The key is to plan for these hiccups. If your resolution is to work out, have a backup plan, like following quick YouTube yoga or workout videos. For healthy eating, stock up on easy-to-make snacks like fruit, nuts, or pre-cut veggies to avoid reaching for junk food.



Get an accountability buddy.

Another thing that really helps in keeping a New Year's resolution is getting a friend, sibling or partner to do it with you. Want to exercise more? Convince your sibling to join you for morning walks. Want to run a marathon? Your partner would probably love to keep you company on the tracks. Working towards a goal with someone else makes it fun and keeps you on track!

Celebrate the small wins.

Treat yourself! Maybe binge-watch your favorite streaming series or buy that little treat you've been eyeing because small celebrations keep you excited and motivated to achieve much more than you thought you could.

Remember, progress beats perfection. Even if you stumble, what matters is getting back on track. With a little planning, patience, and positivity, 2026 could be your most successful year yet!

January Quote:

Life is 10% what happens to you and 90% how you react to it.

Charles Swindoll

Member of the National Association of Residential Property Managers

