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Ventura County
Events:

Island Packers
Explore the Channel
Islands
islandpackers.com

Santa Barbara
International Film
Festival
Jan. 30 - Feb. 9
sbiff.org

Ronald Reagan
Presidential Library
Pompeii -The
Exhibition
1/23/19
reaganfoundation.org

Wildwood State Park
Thousand Oaks
Hiking trails, biking,
horseback riding

***Happy New Year!*****What is your New Year's resolution this year?**

If your new year's resolutions have been anything like mine, on January 1st you've dedicated yourself to eating healthier, exercising more, getting organized, reading more, spending less or taking up a new hobby. Then sadly by February or maybe March you're asking yourself...what was my new year's resolution? Well we are not alone, according to the American Psychological Association only about 13% of Americans are successful with their resolutions.

APA offers these tips when thinking about your New Year's resolution:

Start small

It's important to remember that the New Year's Resolution isn't meant to be a motivator for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes.

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

For Lease

Ventura

Active Senior Living 55 +
6287 Turnstone St. #104
3 Bedroom, 2 Bath
1359 sq. ft.
\$2550

Oxnard

331 Feather River Pl.
3 Bedroom, 3 Bath
1770 sq. ft.
\$2900

Home Sales *Sell your home for 4%*

Ventura Management is
committed to friendly,
efficient and quality service.

Our staff is available at all
times. When you need us,
we're here for you!

*For more information
regarding the above
properties or if you are
considering buying or selling
a home, please contact:*

Chris Marsh
805 630-4925



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New Year's Resolution (cont.)

Change one behavior at a time

Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Talk about it

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't beat yourself up

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

Ask for support

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution.

Good Luck! Best wishes for an awesome 2019!

January Quote:

"Too often we underestimate the power of touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which has the potential to turn a life around.

— Leo Buscaglia

Member of the National Association of Residential Property Managers

