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***Ventura County Farmer's Markets***

***Thousand Oaks Certified Farmer's Market***  
*Thursdays - Noon to 5pm*  
*Wilbur & Oaks Mall Dr*  
*East end Oaks Mall lot*

***Downtown Ventura Farmer's Market***  
*Saturday's 8:30am to Noon*  
*200 Block of East Main St.*

***Downtown Oxnard Farmer's Market***  
*Thursday's 9am to 1:30pm*  
*Plaza Park*

***Simi Valley Certified Farmer's Market***  
*Friday's 11am to 3:30pm*  
*2757 Tapo Cyn. Rd*

***Westlake Village Farmer's Market***  
*Sunday's 7am to 2pm*  
*Westlake Commons*

**Alternative New Year's Resolutions**



Traditional New Year's resolutions usually fail but these alternatives can help you create lasting change. If you really want to make 2024 your best year yet, think beyond the traditional New Year's resolutions. These alternatives will help you go on more adventures, connect with amazing people, learn new things, and get stronger:

**Establish a New Goal Each Month**

Rather than establish a huge resolution that you'll tackle for the next 365 days, establish monthly goals for yourself. Perhaps January will be the month you go to the gym before work three times a week. And February will be the month you tackle packing your lunches instead of eating out every day. You might decide to create a 12-month calendar that outlines each month's goal ahead of time or you may decide to just pick January's goal for now. The key to success is to pick measurable goals. So rather than say, "I'll manage my money better this month," commit to a goal like, "I'll save \$500 this month." Short-term, realistic goals can help you stay motivated to keep going.

**Keep Track of Your Healthy Habits**

Stay flexible and leave room for spontaneity by tracking your healthy habits every day. So instead of setting out to accomplish specific things each week or month, you might simply track the healthy choices you make each day. At the end of the day, write down three healthy things you did that day on a calendar. Having a visual aid that displays your accomplishments--even small ones like ordering the salad instead of the burger or taking the stairs instead of the elevator--will motivate you to keep up the good work.

**Develop a Mantra**

Rather than decide 2024 is going to be the year that you "save more money," create a mantra that says, "Buy only what you need." Then, commit to following that mantra without any strict rules or rigid guidelines. When you're shopping, remind yourself of your mantra. A mantra can feel more positive and empowering than a resolution. After all, you either fail or succeed with a resolution but a mantra becomes a way of life. Of course, that doesn't mean you won't tune out your mantra and throw caution to the wind sometimes--you will. But, if you keep repeating it in your head, the message will sink in and your behavior will change over time.

## Welcome to Ventura Management!

Jangwon Kim  
Soyoung Sung  
Jordan and Shelby Dorrance  
Jonathan Serret  
Brittany Stone  
Tim & Marci Van Scooter & Family

## Happy New Year 2024!



- 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 25 years. He is well versed in all types of real estate matters



**ChrisMarsh**  
805 630-4925



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## Alternative New Year's Resolutions (Cont.)

### Conduct Weekly Experiments

Rather than make 2024 the time you're going to engage in grueling habits or deprive yourself of anything fun, decide to make it a year of curiosity. Establish weekly experiments that test out various habits or that challenge you to do new things. One week you might decide to talk to five strangers every day just to see what happens. If you approach it with an open mind, you might discover that your mood improves or that you make new friends. Or, you might set out to go for a brisk morning walk before you start your work day. You might discover that it gives you more energy throughout the whole day. You can do anything for a week. And you just might discover new strategies that you'll want to turn into regular habits--but you won't know unless you try.



### Make a Bucket List

Choose a whole bunch of things you'd like to do next year. Whether you want to take a Chinese cooking class or you want to fly in a helicopter over Las Vegas, create a list of things you want to do in 2024. If you pick small things, you might put 52 items on your list and check one item off each week. If

you're hoping to do some big things, pick 12 and tackle one item each month. Having things to look forward to can boost your mood--and when you feel better, you're likely to do better. So, you might find you naturally want to get healthy, save money, or be kinder to others when you're enjoying your bucket list items.

These New Year's resolution alternatives will remind you to live life to its fullest as you create a healthier, happier life. So, give up the idea that you need to pick one big thing to work on and decide that you're going to reach your goals and become your best self one small step at a time.

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## January Quote:

*Knowing the kind of person you want to be is one thing, living it out in all of the moments of all of your days is the challenge of your lifetime.*

... Unknown

Member of the National Association of Residential Property Managers

