

Janet's Journal

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June 2022

Here Comes the Sun

Dear [FirstName],

Every month it's my great honor to curate these newsletters with just a wish that it will make your day a little brighter... a little lighter. We've got a fun one for you this month! In this issue, you'll find business tips, DIY tricks, and a heartwarming story about a generous man and a humbled woman.

It's hard to believe it's summer again. The kids are out of school, hopefully the weather is good, and maybe you're fresh off a vacation. For lots of people, it's the perfect time to buy or sell a home. If this huge decision is something you're considering, or you know someone who is considering it, I hope you'll think of me.

In the meantime, I wish you a happy and peaceful month. Until next time!

Best,

Janet Browning

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A Little Extra

A man always bought oranges from a woman at the town market. She would weigh them on a scale and place them in a bag and tell him the price. After he paid, the man usually took one orange out of the bag, peeled it, and tasted one piece. Then he'd say, "This orange is sour," and hand it back to the woman.

She would then bite into it. "It tastes sweet to me," she always said, but she gave him a few extra oranges to make up for it.

The man's wife went to the market with him every day and saw this happen time after

time. One day she asked her husband, "Why do you do that every time? The oranges are always sweet."

The man replied, "That woman hardly eats. This way I get her to eat one orange a day for her health."

A merchant in a vegetable stall saw the exchange happen every day, too. One day she asked the woman, "Why do you let him get away with that? He always complains about your oranges, and you always give him extra. Why do you put up with it?"

The woman smiled. "He always pays me a little extra when I weigh his bag. That way he can feed me and pretend I don't know what he's doing. His love pays for the extra orange."



June Question

Q: What is the largest airport in the world?

May Question

Q: What is the largest ocean in the world?

A: The Pacific Ocean

Three Questions for Success

Setting goals is vital to a long and thriving career. You can't just discover them at random. *Inc.* magazine suggests asking these key questions about new goals.

When do you want to achieve the goal? Have a timeline and a deadline, although you can adapt it as circumstances change.

What resources and skills do you have? Take a look at your skill set to determine whether you have what you need to get started.

What resources and skills will you have to learn? Be prepared to take the time to master what you don't already know along the way.



June Round-Up

National Running Day, June 1. This day is designated as a way for runners to reaffirm their passion for running and to encourage beginners to make a life-changing commitment to running.

World Oceans Day, June 8. On World Oceans Day, people around our blue planet celebrate and honor our ocean, which connects us all.

Father's Day, June 19. Send a card, make a call, or share a meal—just remember to tell your dad or father figure you love him.

World Giraffe Day, June 21. World Giraffe Day is dedicated to Operation Sahel Giraffe II, the second giraffe conservation translocation in West Africa.

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Defeat the Imposter Syndrome

Are you plagued by self-doubt no matter how much you accomplish? Many talented professionals in every field suffer from “imposter syndrome”—the fear that they’ll be revealed as incompetent if they make a single mistake. You can overcome it with this guidance from the *Training Zone* website:

Track negative thoughts. Learn to turn away from doubt in your abilities. When you think, “I can’t do this,” remember the times you rose to a challenge and succeeded. Refocus your worries into affirmations:

“I can do this.”

“I’ve done this before.”

“People believe in me.”

Look for support. Surround yourself with people who are on your side. Pay attention to constructive critiques, but listen closely to people who know what you’re capable of and who value your contributions.

Focus on your purpose. Remember what you’re trying to do in your career—it’s not just making money, but helping people, creating better products, building a better society, supporting your family, and so forth. This will help you make clear decisions without needless worry.

Don’t procrastinate. The longer you put off a task, the more time your doubts have to multiply. Tackle challenging jobs promptly. Completing them will reinforce your confidence.

A Tip for New Clothes

Should you wash that new shirt or sweater before wearing it? Probably, especially if it's clothing for a child. Dr. Jennifer Shu, a pediatrician who answers questions on the *CNN* website, cautions that clothes have probably been handled by many different people in factories and stores before reaching store shelves.

In addition, clothing may have been sprayed or treated with chemicals to prevent bacteria growth or to keep them smelling fresh. Wash new clothes, or at least air them out thoroughly, before letting them get close to any sensitive skin.

Free Reports!

- How Sellers Price Their Homes
- Making the Move Easy On the Kids
- Five Big Mistakes Home Sellers Make
- How To Buy A House With Little (Or No) Money Down

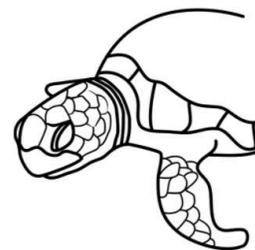
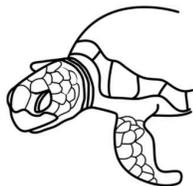
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A Plan to Save Leatherback Turtles

Huge leatherback sea turtles, which weigh as much as a compact car and date back to the dinosaur age, migrate thousands of miles across the Pacific Ocean to the coasts of Central and South America. According to *U.S. News & World Report*, scientists were startled by the discovery that leatherbacks could make such a long journey, feasting on jellyfish in cold water off the U.S. west coast, before heading back home.

Now scientists are worried because the number of leatherback turtles off of California has dropped 80% in the last 30 years, for a 5.6% annual decline. If it continues—due to international fishing, and the loss of nesting grounds—they could disappear off the coast within 30 years. The National Oceanic and Atmospheric Administration (NOAA) has launched an aggressive campaign to save them by reducing the number of eggs taken on beaches and reducing the number of leatherbacks tangled up in nets by commercial fishing.



Work-Life Balance

Balancing work and your home life has never been easy, and the pandemic made it more complicated. Whether you're back in the office or still working from home, remember this advice from the *Military.com* website for staying healthy and even-keeled:

Goals. Make sure you're focused on realistic, manageable job goals. Talk to your boss about their priorities, and discuss options so that your workload doesn't become too much of a burden.

Breaks. Take regular breaks throughout the day. Get away from your desk and computer for a quick walk—outside, if possible. Remember to stretch.

Downtime. You may be tempted to put in longer hours if you're working from home, finishing up tasks after dinner and continuing late into the night. Resist the urge. Spend time away from your workspace with your family, partner, pet, or just outdoors and away from whatever reminds you of work. It'll still be there tomorrow.

Self-care. Remember to eat a healthy diet with lots of water. Visit your doctor regularly. Get enough sleep. You'll perform better at work and at home if you're healthy.

Perfection. Don't be a perfectionist. Do the best you can, but learn to let go when a project is finished, even if you could do a little more on it. Most of the time what's important is completing a task and moving on, not polishing every last detail.

Technology. Don't stare at screens all day. Get away from social media. Turn off your devices at a specific time every night and get back into the real world for a while. You'll sleep better.

Help. Don't try to do everything yourself. Communicate with your boss and your team when you have a problem or hit a roadblock. Get the assistance and support you need to do a good job. Be honest to avoid surprises.



Sharing Ideas

Once you're on the road to success, you may need to protect some of your trade secrets, but when you're just starting out, you need all the help and advice you can get. Here's why:

Your idea isn't really unique. No matter how brilliant you are, chances are that someone else has had the same idea. And if you haven't heard about it, the reason could be that it didn't work. You need to find out why so you can avoid the same mistakes, and that means opening up about what you're trying to do.

The real key is execution. Ideas don't succeed because they're creative or different. What's important is how well they work and the experience your end user has. The more input and feedback you gather, the better you can meet the needs and expectations of your customers (whoever they are).

You can't do everything yourself. Businesses rarely fail because a competitor stole an idea. They're far more likely to crash and burn because their founders didn't know how to manage growth. Once you've got the basic concept down, you'll need talented people to help you get off the ground, and you won't find them unless you're willing to share the details of your plan.



👑 The Greatest of All 👑

A king decided to find and honor the greatest person among his subjects. Before him was a man of wealth and power, one who possessed incredible healing powers, one for his knowledge of the law, and another for his business instincts.

Many successful people were brought to the palace, and it became evident that the task of choosing the greatest would be difficult. Finally, the last candidate stood before the king. It was a woman with white hair, and her eyes shone with the light of knowledge, understanding, and love.

"Who is this?" asked the king. "What has she done?"

"You have seen and heard all the others," said the king's aide. "This is their teacher."

The people applauded as the king came down from his throne to honor her.



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Janet's Journal

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