

# RVM Construction Insider

Fall 2012

We Have Good Reason To Be Thankful

## RVM Construction Insider

Residential and Commercial Construction Tips and Advice

FALL 2012



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*Old World Craftsmanship,  
New Age Technology*

1200 N. Jefferson St., Unit J - Anaheim, CA 92807 - 714.632.9420

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### WE HAVE GOOD REASON TO BE THANKFUL

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Thanksgiving means different things to different people. For some it's a time for family and friends. For others it's a day off for football and food. There is one meaning, however, that's hard to escape when it comes to Thanksgiving: the holiday is about giving thanks.

**At RVM Construction we want you to know that we give thanks for you, our customers, family, friends, employees, readers, and vendors: all of our acquaintances. We wish you and your families a relaxing and calorie filled Thanksgiving. We know that without all of you, there would be no RVM Construction.**

What's more, research has shown that giving thanks is good for us. People who show gratitude in their daily lives tend to report fewer health problems and display higher levels of energy, enthusiasm and productivity. Join us in giving thanks for all of this life's wonderful blessing.

Here are a few ways to put gratitude to work for you and reduce stress this holiday season:

**Share the Gratitude**

Send "thank you" notes. They let people know you notice and acknowledge them, plus they're a potent way to strengthen relationships. Email works, but a hand-written card packs a punch.

**Give the Gift of...**

Who doesn't like free swag? Whether it's a t-shirt, mug, sticker or homemade sweets, a gift raises the level of gratitude.

**Get on the Horn**

An out-of-the-blue phone call to say "thanks" can make someone's day as well as making a big impression. It sets you apart as a thoughtful person. The key is having no agenda other than to say thanks.

**Practice Random Acts of Kindness**

Doing something nice for someone, "just because" is a great way to cultivate good will, and it encourages others to "pass it on" to others.

**Share the Wealth**

Tithing is making a comeback. What is a tithe? It's when a person voluntarily puts aside 10% of earnings to be paid to one's place of worship. Although its roots are found in religion, tithing is becoming popular in the business world. It's easy to be grateful for one's own good fortune, but it can feel even better to share with others - a warm "thank you" via cold hard cash.

**Make a Note**

There is something powerful and impactful about the act of putting something in writing. Keeping a gratitude journal is an effective way to maximize the impact. You don't need a unicorn-adorned notebook for journaling. Sticky notes, scrap paper or napkins work just as well. The effectiveness is found in the action of writing it down.

Start each day by listing three (or more) things you're grateful for: a loving partner, healthy kids, a wunderkind assistant, that singing bird outside your

window --you get the idea.

**Find a  
Symbol**

What embodies gratitude for you? it might be a rock from your recent vacation, beads on a necklace your child made you or a simple token on a key chain. The idea is to have something tangible that you can see and touch when you need to be reminded that you have something to be grateful for.

Gratitude is just as useful when things are going wrong. In fact, incorporating the strategies above are often the most powerfully beneficial when times are the toughest.

Good times or bad, one thing is certain, once people make a habit of giving thanks, they tend to agree, that showing gratitude just feels good.

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