

RVM Construction Insider

Fall 2013

Happy Thanksgiving from Our Company to YOU!

RVM Construction Insider

Residential and Commercial Construction Tips and Advice

FALL



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*Old World Craftsmanship,
New Age Technology*

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The holiday season will soon be upon us. And with it comes the hope that it will be truly magical. However, many of us quickly get bogged down in business, stress and old negative patterns. Here are 10 ways to turn that dynamic around and create the magic.

1. Give yourself a break. Perfection-even perfect

happiness-just isn't possible. Let your best be good enough. Make a budget for both your time and your money - and stick to it. It really is the thought that counts.

2. Make conscious decisions. Get clear about what you really want to do over the holidays before compromising with others. If you don't have a clear plan and clear intentions, you might find yourself getting swept along by others' desires. Even if you compromise later, get clear first.

3. Shorten your to-do list. What do the holidays mean to you? For many, it's about family and friends and spirituality. If an item doesn't add to your holiday spirit, scratch it off.

4. Say no when you want to. It's very liberating. Try it and see. It sounds simple, but too often obligation trumps desire. When faced with options, choose the one that would make you happier.

5. Limit obligatory activities. If you can't avoid certain events, limit the time you're there.

6. Take good care of yourself. The old standards help keep stress at bay: eat healthfully, exercise, drink lots of water, and breathe deeply. Schedule some time for relaxation and fun.

7. Start early. To avoid last-minute frenzy that can bust your budget, start shopping or making presents now.

8. Ask for help. Reject any notion of martyrdom. The burden of preparations should not fall upon one person. The more specific you are in your request, the more successful you'll be.

9. Establish new traditions. If you have experienced a major life-changing event, such as a death or divorce, consider doing something you've never done before over the holidays, such as travel to another country or take a cruise.

10. Treat yourself to a remodeling project. It may be too late to remodel before the family descends on you, but it is the perfect time to start planning a remodel for the New Year.

Call RVM Construction today for a complimentary

conversation on your New Year's construction project.

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