

The Good Life

Ideas for purposeful living and maximizing real estate investments.

March 2017



Don Jaques, Jr
Windermere Real Estate
360-672-5447
donj@windermere.com

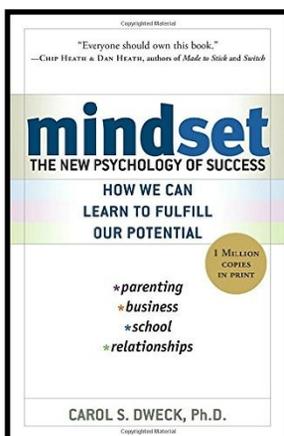
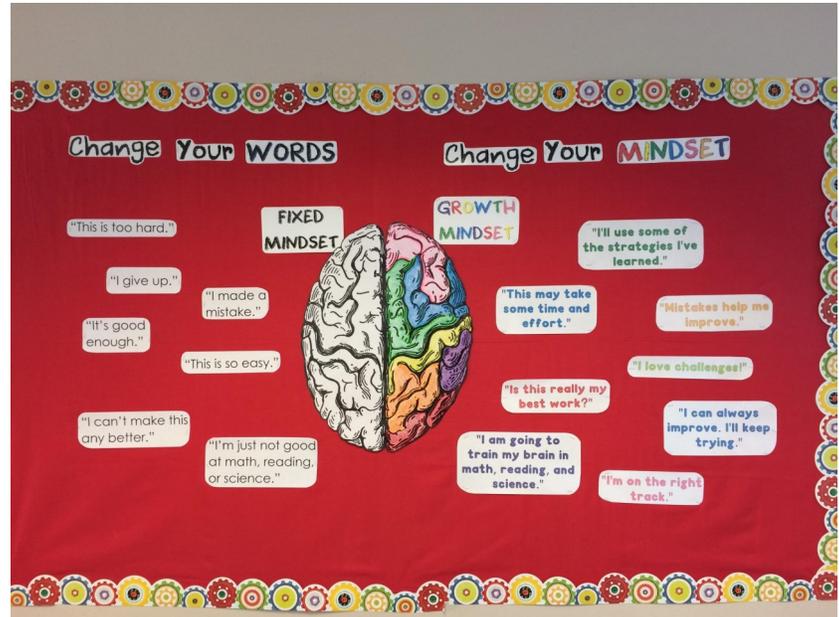
What's your mindset?

Walking down the hallway at the elementary school where my wife works I saw a bulletin board with two sides of a brain, and the heading "Change your words, change your mindset." I was immediately interested. The board was created based upon research by Dr. Carol Dweck, published in her book *Mindset: The New Psychology of Success*. Dweck's groundbreaking research points to the amazing differences found between people who have a "fixed" mindset and those who have a "growth" mindset.

People with fixed mindsets believe that things like their intelligence, creativity, skills, and personality are all fixed at a certain level. Some people are smart, some are geniuses, and some are not so sharp – but there is no use trying to change it, you are what are you. It is fixed. On the contrary, people with growth mindsets believe that things like intelligence, creativity, skills, and personality can change and develop and improve with effort. People with fixed mindsets believe success is related to how one performs in comparison with others, whereas people with growth mindsets believe success is related to the effort one puts into a project. Dweck writes: "When you enter a mindset, you enter a new world. In one world — the world of fixed traits — success is about proving you're smart or talented. Validating yourself. In the other — the world of changing qualities — it's about stretching yourself to learn something new. Developing yourself."

You probably intuitively know which group you fall into. Dweck's research demonstrates that as early as age four, children show evidence of developing a fixed mindset about themselves or a growth mindset. But it also demonstrates that each of us has power to change the mindset that rules our lives. And as the bulletin board at my wife's school points out, we can change our mindset when we change our words. "This is going to be a challenge," can

replace "I'm just not good at this." "I get to learn something new," can take the place of "I hope no one notices I'm unskilled at this." Basically, changing our self-talk away from fixed mindset mantras has the power to re-wire our brains to begin approaching challenges in school, work, and even in relationships, from a more positive growth mindset. If you struggle with negative self-talk or shy away from new challenges because of a fear of failure, chances are you could benefit from learning more about developing a growth mindset.



Want to learn more?

Here's a great article: www.brainpickings.org/2014/01/29/carol-dweck-mindset/

Listen to Dr. Dweck at www.ted.com by entering "Dweck" in the search tool at that site.

Tips for Spring Cleaning the exterior of your home

Around my yard I see evidence that spring is coming—crocus shoots have started pushing through, and my lawn is slowly reawakening after it’s winter hibernation. Spring means it’s time to put a little effort into some small projects to ensure your home and yard look great this summer. Here’s what’s on my list for the next few weeks:

- Clean off the roof and clear out the gutters.** It’s a dreaded project, but keeping the roof clear of piles of needles will increase the life and appearance of your roof (one of the biggest expenses a homeowner has to tackle). Keeping the gutters clear is important since overflowing gutters leads to water running down wood surfaces behind and beneath the gutters, which can lead to premature water damage and rot.
- Kill the moss on the roof.** There are all sorts of products out there to spray or sprinkle on your roof to control the growth of moss. I treat my roof twice a year to make sure it doesn’t grow and trap water next to my roof and decrease the lifespan of my roof. (NOTE: do NOT power spray your roof, this can damage your roof and wash off materials that are supposed to STAY!)
- Remove dirt and bark from around siding.** Over the course of the winter, organic material on the ground can pile up to where it is touching siding. This can trap water next to your siding and over time it can seep in, causing



damage and/or rot. 10 minutes of raking to make sure there are a few inches between the dirt and the siding can save a lot of money down the road!

- Feed your lawn.** Now that the weeds and moss are starting to wake up, it’s a great time to put down some weed and feed with moss control on your lawn. Killing those pesky weeds now while they are small will save you work and make your yard much more beautiful as the growing season comes into full bloom.
- Remove mildew from siding.** Again, here’s a task that will take a little effort, but can increase the lifespan of your exterior paint, as well as beautify your home. I start by spraying a combination of bleach, water, and a bit of dish soap onto the areas where I see the telltale black spots. After it sits for an hour, I follow it up with a power sprayer. While I’m at it I usually do a quick spray of the entire home and enjoy the new clean look. (Be careful...power spraying can pull off paint if it has started pulling away from the siding—so you may end up doing a bit of spot painting after you do this project.)
- Remove moss and mildew from walkways and decks.** Using the same bleach/water/soap mixture, pre-spray these areas and use the power sprayer to get rid of that unsightly and slippery stuff that’s growing on your horizontal surfaces. You’ll be happy to see the changes a little bit of work brings about, and you won’t have to worry about people slipping and getting injured.



SPRING IS A GREAT TIME TO SELL YOUR HOME!

Wondering what your home is worth? Call me today for a complimentary market analysis and an honest discussion of what makes sense for you. The growth of my business depends upon personal referrals from those who know me and trust me. Thank you for remembering me to your friends.



Don Jaques, Jr.

360-672-5447

donj@windermere.com

WEB: donj.withwre.com

Serving people is the heart of my business.