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# Between FRIENDS

26 Years of Real Estate experience.

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## Health & Safety

### From Procrastination to Motivation

**P**rocrastination is nothing new to the human condition. For centuries, people have put off important tasks, only to later wish they hadn't. Don't let your productivity suffer from hesitation. Turn your procrastination into motivation!

**Create a distraction-free environment** to optimize your direct attention. Log off social media, set your phone on airplane mode, or even display a "do not disturb" sign to let others know you're busy. By eliminating the temptation to do something else, you'll have no choice but to focus on the task at hand.

**Start projects immediately**, if time allows it. Create a realistic outline for your project and set mini-deadlines to ensure you stay on course. You can always make changes as you go, but getting started is the first step to getting anything accomplished.

**Eat well, get adequate sleep, and remember to exercise.** Keeping a healthy mind and body will make you less likely to delay the inevitable. You'll feel energetic and more optimistic about finishing your goals rather than avoiding them.

**Stay positive and remain diligent** when old patterns of procrastination come up. The sooner you complete a task, the more likely your entire day will be productive.



## Real Estate Today

### Home Improvements: Pros vs. DIY

**W**hen it comes to home improvements, it's easy to find many do-it-yourself (DIY) tutorials on the internet. But some projects are better off left to the professionals. Here are a few things to consider for your next renovation.

**Safety:** Assess the level of possible danger when deciding to DIY. If the project has the potential to destroy your home or injure you in the process, save it for a contractor.

**Trades:** Replacing a leaky faucet is one thing, but attempting to repair a slab leak is another. When it comes to major projects involving plumbing, electrical, and HVAC systems, always leave it to the professionals.

**Cost:** No matter how you look at it, time is money. Start by obtaining a professional bid for the job. Then calculate the potential DIY cost by factoring in the following: materials, time to complete the job, and your hourly wage. One way to lower the cost is to "buy-it-yourself" and then have the material/items installed professionally.



## Savor the Flavor

## Mini Shrimp and Grits Bowls

**1 ¼ cups chicken broth**

**¾ cup uncooked instant grits**

**¼ tsp. salt**

**¼ tsp. black pepper**

**1 ½ cup shredded sharp cheddar cheese**

**1 ½ pound medium shrimp  
(peeled and deveined)**

**½ Tbsp. Old Bay seasoning**

**1 ½ Tbsp. lemon juice**

**Chives, finely chopped (for garnish)**

Over medium-high heat, bring chicken broth to boil. Add grits and stir occasionally until thick (approximately 4-5 minutes). Stir in salt, pepper, and cheddar cheese and remove from heat. Keep warm until served.

Heat a non-stick skillet and cook shrimp over medium heat for 3 minutes (or until the shrimp are almost pink in color) stirring often. Add in Old Bay seasoning and lemon juice and stir well. Cook for 3 minutes and remove from heat.

Fill individual dishes with grits. Top with shrimp and garnish with chives.



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**Please email me at [Sonia@SoniaAmin.com](mailto:Sonia@SoniaAmin.com), if you have any questions or need additional information.  
Thank you!!**



## Household Tips

### Hacks to Make Your Home Feel Bigger

**R**egardless of your home's square footage, everyone wants a spacious environment. These hacks are all you need to turn a tight space into a comfortable setting.

**Grand Entrance** – Create an entryway that's practical and inviting by using a bench or seating area. If there's not enough space for seating, install wall-mounted hooks and some open shelves for keys and other knickknacks.

**Optical Illusions** – Full-length curtains create the illusion of high ceilings, opening up the area. Use a striped rug in a room to create an elongating effect. Place mirrors opposite windows or hallways to expand the space, tricking the eye.

**Multipurpose Furniture** – As people continue to downsize, furniture designs have evolved into a combination of ingenuity and style. Incorporate furniture that maximizes space with items that offer extra storage or serve multiple functions.

**Keep it Light** – Make the most of natural lighting. Sheer curtains and light colored walls can make any room feel open and airy.