



ISSUE 3

The Official Newsletter from Sue Gunselman

WINTER 2022

HELLO FROM SUE ~

Hello 2022!

Now is the time for you to think about what you want this year. I'm curious, have you made new year resolutions? If so, how are they going for you?

NEW BEGINNING ~ Like you, I have New Year goals too and sometimes our wants and wishes turn into failures. Usually, the ones that don't work are the ones that weren't written as "Smart Goals". So, what is a SMART goal? It's goal-setting tool and strategy that will increase the chances of you reaching your desired results. Here's how to write a SMART goal: think about what you want and then answer these simple questions. Then, combine your responses to create your SMART goal statement.

S- Specific. What exactly do I want? Be precise, no room for misinterpretation.

M- Measurable. How will you measure it? Identify what success is and looks like.

A- Achievable. Is your objective realistic and reasonable? Make sure the goal is attainable.

R- Realistic. Is the goal relevant to your life? Does it fit in with your lifestyle and budget?

T- Time. What is your time frame? Set a deadline and create a schedule.

Setting SMART goals is a process and an art. It may take a few times to perfect it, but it's worth it! When you know exactly what you're working towards, and why, your goal becomes inspiring and motivating.

Lastly, sharing goals with others makes it a truth and reality. Once it's written, let others know of your intentions and commitments. They will be there to help you and you'll feel more motivated to reach your goals. And, if you'd like to share your goal with me and have me as your accountability partner, please email me at suegunselman@gmail.com.

We all need to be SMART about our goals, and if any of yours include a housing change, contact me at Smart Moves with Sue. I'm here to inspire you and be your guide.

Wishing you a great start to the new year and let's be SMART together in 2022!



GOAL SETTING

SPECIFIC
MEASURABLE
ATTAINABLE
RELEVANT
TIMELY



~ TEAM TRIMBLE TRANSITIONS ~ New Year Resolutions for a MOVE.

If a move is in your plans this year, here are a few tips of popular goals you can get started on.



- **Recycle** - You're prepping for a move and need to start packing. Step one - get rid of unnecessary material goods or items that carry little sentimental value. Instead of taking it to the trash, donate it or give it to people who need and want it.
- **Save some money** - movers are essential but you can save a couple of bucks if you pack and box up some of your items yourself. And make sure you label all the boxes noting what the contents are inside and what room the box belongs in. Combine this step with "recycle" and you can multi-task both steps!
- **Pre-moving stress** - no doubt there's an extensive list of tasks to complete. Like changing your address on your license, car registration, banking info, investments, etc. Set aside a block of time and take care of this business once you know your new address.
- **Post-moving stress** - no shortage in this department! Moving into a house that is filled with boxes can be stressful. To shorten the time digging and hunting for items, place your labeled boxes in the appropriate rooms. Do one room at a time, focus on the essentials, and set aside 2 days to complete.
- **Eat Healthily** - what does that have to do with moving you ask? Instead of relying on fast food and microwave meals, unpack your kitchen first so you can cook healthy and often. This can be a positive change in your diet too!
- **Take a local vacation** - once you've moved in, take some time to explore your new location and neighborhood. Learn about all the local favorites as well as the off-the-beaten-path hotspots. Make a day trip out of it!
- **Hiring a professional** - lean on an expert. Moving is no simple task. Instead of tackling it alone, reach out to a trusted advisor to make sure you have an expert on your side. Smart Moves with Sue is here for you. Working with me is the best way to ensure you have an expert on your side to guide you at every turn, both emotionally and physically. I have the skills and knowledge that are essential to navigating each step with ease, efficiency, and accuracy. You'll get the education, the guidance, the coaching, and the support, along with a catalog of resources, to ensure a seamless move. Let me put my 37 years of real estate and professional coaching expertise to work for you!



SMART HEART COOKING

The weather outside may be frightful, but this recipe will leave you feeling so delightful! Winter is the season for comfort food. And that shouldn't have to worry you, because this recipe is healthy and delicious at the same time. This immune-boosting soup is packed with all the good stuff without compromising any taste!

Chicken Soup ~

Yield: 6-SERVINGS prep time: 10 MINUTES Cook time: 20 MINUTES Total time: 30 MINUTES

INGREDIENTS:

- 2 tablespoons olive oil, divided
- 1-pound boneless, skinless chicken breasts, cut into 1-inch chunks
- Kosher salt and freshly ground black pepper
- 1 onion, diced
- 2 carrots, peeled and diced
- 2 celery ribs, diced
- 4 cloves garlic, minced
- 16 ounces cremini mushrooms, thinly sliced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 8 cups chicken stock
- 2 bay leaves
- 1/2 cup uncooked orzo pasta
- 1 sprig fresh rosemary
- 1 bunch kale, stems removed, and leaves chopped
- 1 (15-ounce) can cannellini beans, drained and rinsed
- Juice of 1 lemon
- 2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

1. Heat 1 tablespoon of olive oil in a large stockpot or Dutch oven over medium heat. Season chicken with salt and pepper, to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside.
2. Add remaining 1 tablespoon oil to the stockpot. Add onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes.
3. Add garlic and mushrooms, and cook, stirring occasionally, until tender and browned, about 5-6 minutes. Stir in thyme & oregano until fragrant, about 1 minute.
4. Whisk in chicken stock and bay leaves; bring to a boil. Stir in orzo, rosemary and chicken; reduce heat and simmer until orzo is tender, about 10-12 minutes.
5. Stir in kale and cannellini beans until the kale has wilted, about 3-4 minutes. Stir in lemon juice and parsley; season with salt and pepper, to taste.
6. Serve immediately

Coaching Corner

So often when I tell people I went back to school to get my coaching certification (CPC- Certified Professional Coach), they respond by saying, "So Sue, what sport are you coaching?" After a few times sharing that I'm not a sports coach, I changed my response because it occurred to me that being a Life Coach is really coaching the sport of life. My new answer- "I coach the sport of life." And then I get the perplexed look...

As a sport, life is a game. It's never the same, it's always changing. Life demands the constant need to adjust strategies and create new plans of action. I think the sport of life is more challenging than any physical sport. On a daily basis, think about what you encounter. You are constantly dealing with situations ... family, relationships, neighbors, co-workers, illness, jobs, etc. How many adjustments, adaptations, accommodations, and alterations do you make just in one day? TOO many!

This mental overload can be overwhelming causing us to lose sight of our own self and personal well-being. No wonder! Compare it to an avalanche, once it starts, it's impossible to stop, and the next thing you know you're buried. This is not a good feeling, so the question becomes, how do you prevent this from happening in the future?

Well, you can't stop the snowslide, but there are ways to avoid being buried - Life coaching can be your rescue. Here's how- a life coach is a type of wellness professional who can help improve your life by making you feel better and happier through changes in your lifestyle. One of the main benefits of working with a life coach is the ability to gain a fresh perspective on problems you face. Besides offering new insight into challenges, a coach can help you rid of the negative patterns that may be standing in the way of your success.

My clients have shared that having a coach has given them much-needed clarity with their goals, accountability for their goals, and the support needed to successfully achieve their goals.

I'm curious, how are you doing with your goals for the new year? If you're stuck and need some guidance, check out the SMART goal formula included in this letter. More importantly, if you need accountability, contact a coach like me. I'm here for you and can help you fulfill all your goals.

"Life coaching focuses on what's happening right now, what a person wants next, and how that gap can be bridged."



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