



Real Estate News You Can Use

Brought to you free by Brett Roderman

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How Do I Know When It's Time to Sell Up?

Deciding to sell your home is very rarely simple, and it's much more than a financial transaction. It's a lifestyle decision that often entails many different things falling into place. So how do you know when it might be the right time to move on? Here are a few signs to consider.

Your home no longer fits your lifestyle.

Maybe your family has grown up, you're now working from home or you're ready to downsize. If your current space feels either too small or too big, it may be time to look for a better fit.

The numbers make sense.

If property values in your area have risen, selling could give you a stash to put towards your next home. On the other hand, if your costs are becoming more than you'd like to handle, selling could ease financial strain.

You're ready for a new environment.

Sometimes it's less about the house and more about the location. Maybe you want a shorter commute, more walkability or to be closer to family. If your current neighborhood no longer supports the life you want, it might be time to explore other options.

The maintenance is overwhelming.

Older homes often come with endless repair lists. If you're spending more weekends fixing than enjoying your home, selling could open the door to a lower-maintenance property.

If your home no longer feels like the right fit and you'd like to find one that is, call or email me today to start the search.

Can One Simple Act of Gratitude Actually Change Your Life?

John Kralik is a man who understands the power of gratitude. As a broke attorney living in a musty apartment in Los Angeles, he found himself overweight, struggling with a divorce and unable to pay his employees after a string of clients not paying bills.

Close to rock bottom, John took a New Year's Day hike in the hills of L.A. During the walk, he decided he'd find something to be grateful for every single day, regardless of what life threw at him. From there, he set about writing a thank-you note each day for the next 365 days, finding that, amazingly, there were constantly things right in front of him that he felt thankful for, things he never would have previously noticed.

The seemingly simple daily act served to completely transform his life, with his daily gratitude practice leading to a positive and successful outlook he could never have imagined back in those days in the apartment. John has now published a book, *A Simple Act of Gratitude*, detailing the journey his ritual has taken him on. He's since given and received thousands of thank-you notes, finding that the universe reciprocates positivity when you put it out there.

John's mantra is that when a machine fulfills a task for you, there's an atmosphere of expectation. When a human does so, a thank-you note shows them that they are genuinely appreciated and important to you. This small act sets both of you apart, bringing peace and meaning to all.

Famous quotes on Thanks

Strive to find things to be thankful for, and just look for the good in who you are.
Bethany Hamilton

If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get.
Frank A. Clark

I never met a bitter person who was thankful. Or a thankful person who was bitter.
Nick Vujicic

Don't let the sun go down without saying thank you to someone, and without admitting to yourself that absolutely no one gets this far alone.
Stephen King





4 Good Reasons to Practice Gratitude and How to Do It

This month, some of us celebrate Thanksgiving, a time to come together with the ones we love and be grateful for those around us. Being thankful and expressing gratitude not only brings a wealth of emotional and interpersonal benefits, but there are also a surprising number of physical benefits too. Here are four reasons to practice gratitude and how to do it.

Being grateful is proven to reduce depression. Try writing a daily gratitude journal, listing three things you're grateful for each day. Even if you're going through a hard time, doing this will help you appreciate the good things around you that you may not have even noticed, reducing your stress levels.

Being grateful improves sleep. Going to bed on a happy thought helps you to throw away nighttime anxiety and sleep more peacefully. Think of someone who's affected your life for the better and go and say "thank you" to them. Thinking of their positive impact on you as you hit the pillow will send you off to sleep soundly.

Being grateful improves digestion. Amazingly, studies have shown that there is a link between our attitudes towards our body and its ability to digest properly. So taking a moment to say to yourself, "I am thankful for my body and what it does for me" can help to actually improve your digestive system's functions!

Being grateful improves your senses. Showing thanks for the things around you can actually help you have a heightened appreciation of things like scents, sounds and sights. Taking a minute's break every now and then to simply be grateful for the things in front of you can help improve your senses to no end.

Thank you for your referrals!

I succeed when people like you refer me to your friends, neighbors and loved ones. It's the best kind of feedback I can receive.

So thanks for continuing to pass this newsletter on to people you care about.

Sweet Potato Pie

Serves 8

2 sweet potatoes
1 9-inch pie crust
1/2 cup unsalted butter
2 eggs
1 cup light brown sugar
1 teaspoon cinnamon
1 teaspoon nutmeg
1/2 teaspoon ginger
1/4 teaspoon salt
1 cup evaporated milk
2 teaspoons vanilla extract
1 can whipped cream

Preheat oven to 425°F. Line baking sheet with foil and grease. Pierce sweet potatoes with fork, place on baking sheet, bake for 45 minutes or until very tender. Once ready, take out of oven and let them cool. Peel and discard skin. Grease a 9-inch pie pan, add pie crust, set aside. Place sweet potato in mixing bowl and mash.

Add butter and eggs, then mix. Add sugar, cinnamon, nutmeg, ginger and salt, then mix. Add evaporated milk and vanilla and mix until fully combined. Pour filling into the pie crust and bake at 350°F for 50–60 minutes or until the top is nicely browned. Remove from oven and allow to cool for at least 30 minutes. Garnish with whipped cream. Serve.



What Does "Approved for Short Sale" Mean?

A short sale occurs when a buyer makes an offer on a home where the proceeds from the sale would be less than the seller owes on the loan. At the time the buyer and seller agree upon a sale, the lender is not yet included.

The seller's agent then takes a short sale package to the lender for review and approval. The package includes the purchase contract, a hardship letter explaining why the seller can't keep the home and any market conditions that create the need for a short sale.

The lender will analyze the short sale request and determine how accepting less than what is owed affects their bottom line. The lender may come back with a letter stating the specific terms and contingencies that must be incorporated into the deal in order to release the lien and close. The sale will be "approved for short sale" if the buyer and seller can meet those specified terms.

How to Decide the Best Neighborhood for You

When you're house hunting, the home itself is only half the story. If it's right, the neighborhood you choose can shape your daily life just as much. So how do you decide what's best for *you*? Here are a few things to keep in mind.

Lifestyle fit. Think about your daily routine. Do you want a quick commute, walkable shops and cafés or quiet streets where you can unwind? A neighborhood that matches your lifestyle will feel like home faster than the most stylish kitchen ever could.

Budget reality. Every area has its own price point. Be clear on what you can afford, then explore neighborhoods where your budget stretches the farthest. Sometimes this means looking just outside the most obvious spots; you may find more space and value elsewhere without losing convenience.

Future growth. It's always worth thinking about future development plans. A neighborhood with new parks, schools or a new transit system on the way could see property values rise. On the flip side, check for projects that may bring noise or traffic you don't want.

Community and vibe. Visit the neighborhood at different times of day. Does it feel lively or calm? Are people out walking dogs, or do you see mostly cars rushing through? The small details tell you a lot about the kind of community you'd be joining.

Amenities and essentials. Don't forget the practical side. Proximity to grocery stores, healthcare, schools and recreation can shape how you feel about an area. These everyday conveniences can make a big difference.

Your overall desires. At the end of the day, the "best" neighborhood isn't about the trendiest spot on the map or the most pristine. It's the place where your budget, needs and lifestyle come together. Take your time and trust both the data and your gut feeling.

Need more guidance on selecting where to live? Call or email me today for my advice.



Quick Quiz

For an answer, email me at br@brettroderman.com or call 404-229-7600.

Where was Pharaoh Tutankhamun's tomb rediscovered in 1922?

Worth Reading



Health Benefits of Gratitude

UCLA Health

Feeling stressed or run down this holiday season? The simple act of practicing gratitude may be just what your mind and body need. Research shows that focusing on life's positives even for just 15 minutes a day can reduce depression, calm anxiety, improve sleep and even support heart health. This article from *UCLA Health* explains how saying "thank you" can boost your well-being from the inside out. More:

<https://tinyurl.com/worth1125a>



7 Holiday Feast Fails (and How to Avoid Them!)

Eva Ritvo M.D.

Psychology Today

Holiday dinners don't always turn out picture-perfect, but sometimes the best traditions are born from mistakes in the kitchen. From serving untested recipes to forgetting key ingredients, Diane at *Vintage Zest* has made her fair share of holiday cooking blunders. Thankfully, she's written them down so that you don't have to repeat them! Read on for the simple lessons learned from her biggest holiday fails. More:

<https://tinyurl.com/worth1125b>

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Sudoku instructions: Complete the 9×9 grid so that each row, each column and each of the nine 3×3 boxes contains the digits 1 through 9. Contact us for the solution!

Wondering What's Happening in Your Neighborhood?

How has the price of your home changed in today's market? How much are other homes in your neighborhood selling for?

These are all critical questions that shouldn't be overlooked when thinking about buying or selling your home. Whether you're curious about prices in your area, whether it's an excellent time to sell, or just need an expert to answer your questions, I can give you the tools and offer guidance through the entire buying or selling process.

Let me know how I can help by simply giving my office a call at 404-229-7600 to set up a time to connect.

Contact me today:

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www.BrettRoderman.com