



FEATURED LISTING

2111 N. Oakley Ave. | 4 Bed | 3 Bath | \$1,139,900

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Christie DelGreco
312.915.4609
c.delgreco@cbexchange.com


Lynn DelGreco
312.475.3123
lynn.delgreco@cbexchange.com



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DWELLING WITH THE DELGRECOS

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THE DELGRECO TEAM
THE KEY TO YOUR SUCCESS

Navigating a BUSY MIND

Reduce stress and boost well-being by navigating your busy mind, and building a healthier one!

Navigating a **BUSY MIND**

CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE

The mind is powerful. It can be easy to trick yourself into thinking you're not good enough, but when you change your thoughts, you can calm your busy mind and feel happier!

WHAT IS IMPOSTER SYNDROME?

Feeling like your accomplishments and talents aren't legitimate, despite the opposite being true.

REMEMBER YOU ARE NOT ALONE

Nearly 70% of adults have experienced some form of "imposter syndrome."

LIMIT TIME ON SOCIAL MEDIA

Social media can lead to a lot of the self-doubt behind imposter syndrome, and the average person spends 145 minutes a day on social sites. Let go of negative posts, limit scrolling time, and replace it with an interesting read, uplifting podcast or a walk.

REMEMBER WHO YOU ARE

Because of imposter syndrome, people may hold themselves back from opportunities they're qualified for out of fear of not having the skills. Focus on the skills you do have and the accomplishments that shaped them. Remember who you are and what you achieved to get where you are.

REMEMBER THAT FAILURE FOSTERS GROWTH

Dwelling on past mistakes is common with imposter syndrome and often diminishes confidence moving forward. Recognize how you've grown from past failures and mistakes instead of ruminating on the events themselves.

SHOUT OUTS!

Thank you Eric and Andrea M for your referral!

Congrats to Amy and Dorian G on the sale of your South Loop condo!

Congrats to Pam and Scott M on your awesome new Lincoln Park pad!

WHEN YOU NEED TO QUIET YOUR MIND:

Talk with a friend or mentor who knows your achievements.

Journal about your accomplishments and growth.

Lift your mindset with an activity you love, like walking, reading, or cooking.

BUILDING A HEALTHIER MIND

When you adjust your intake, associations and affirmations, you'll find yourself reacting more positively to the world around you. This can reduce stress and boost well-being.

INTAKE: What you read, watch, and listen to.

Find uplifting books, movies, television, music, and podcasts. What are examples of your go-to motivational media?

ASSOCIATION: The people you surround yourself with.

Identify the friends who build you up, and prioritize time with them. List your top three mentors, and connect for encouragement and advice.

AFFIRMATIONS: The words you say to yourself.

Keep it positive! Create your own phrases, or try these:
"I got this." "I have earned my seat at the table." "I do not have to be perfect to be effective."