

My Monday Memo

January 10, 2022

Adventures in the PNW

Issue 85

Today is... January 10th

National Clean Your Desk Day.

On this day in 1912...

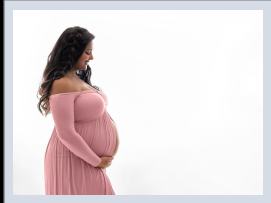
The world's first flying-boat airplane, designed by Glenn Curtiss, makes its maiden flight at Hammondspport.

Quote of the Week

"Outer order contributes to inner calm."

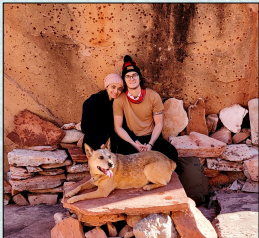
— Gretchen Rubin

MIRA'S PHOTO OF THE WEEK



Alec's Adventures

Holiday in Las Vegas



Alec and Zahra enjoyed an extended weekend in Las Vegas prior to the Christmas holiday. A trip to Las Vegas isn't complete without a hike in Red Rock Canyon.

R.I.P. Roadkill



Let's Talk Goals!

By Rachel Brandes

No, not field goals, although this year's NFL season is coming to an exciting conclusion. As we enter the second week of 2022, Rachel has completed preparing a project. Her hope was to have this project ready to go prior to the New Year, but all good things take time. This week's MMM covers Rachel's 22 for 2022 Happier Project. This project consists of 22 goals that Rachel hopes to reach by the end of the year.

The use of the word goals rather than resolutions is very intentional. A goal is defined as a desired result, while a resolution is defined as a firm decision to do something.

Rachel's hope is to make an effort to have completed the items on her list by the end of the year. There will be no shame or feeling of failure if some of the goals are not met. They will just be carried over to 2023.

The idea for this project stems from a visit with Rachel's cousin Jimmy at their first Virginia Beach Half Marathon together. At that time, Jimmy introduced Rachel to author Gretchen Rubin and her book, *The Happiness Project*. This book is a recollection of Gretchen's own efforts at creating a happier life for her family and herself, and what did and didn't work throughout her year-long journey. Jimmy had been procrastinating with reading the book and was determined to kick it into gear. After discussing how beneficial this book could be, Jimmy and Rachel decided work on it together to keep each other accountable for working on the monthly action items. You see, each chapter covers a life topic, and the reader can introduce ideas into their own lives. Jimmy and Rachel each began to work individually on chapter one and text back and forth about their progress. Unfortunately, these two didn't quite follow through with the completion of their plan.

Never fear, there is always another day to accomplish a goal. Rachel eventually did finish the book and found a good deal of useful information throughout. She even found Gretchen Rubin's podcast by the name of *Happier with Gretchen Rubin*, which she listens to weekly. For Rachel's 22 for 2022 Happier Project, she selected the word happier rather than happiness, as she is already happy, and happier suits her project a bit better. Let's face it, one can always be a little happier.

Rachel has some apprehension about sharing her list, as it makes her feel a bit vulnerable; yet she is determined to *finesse* her way through these feelings and forge ahead. Below is Rachel's list of goals. Some require daily attention, while others require weekly or monthly attention. A few will be a matter of things lining up just right and allowing the completed box on her spreadsheet to be checked. It should be fun. Anyone that knows Rachel knows how she loves to create lists, and this one is a doozy. Good luck on any goals that you, the reader, may have set for yourself this year, and until next time, be well.

Rachel's 22 for 2022 Happier Project

1. Learn Spanish, lessons daily
2. Do Assisted Headstand, practice daily
3. Walk at least an average of 10,000 steps daily
4. Happiness Project Audiobook, round two
5. Zen as F*ck Book, finish entries in this book
6. Yoga, preferably HOT, practice at least 3x weekly
7. Family VHS Tapes, review, organize, digitize
8. Oral Communication, do better w/calls to moms
9. Written Communication, hand write & mail 2 letters monthly
10. Pen Pal, write at least one letter monthly
11. Adventures w/Mira, plan at least one monthly
12. Journal, write in both Blake & Alec's monthly
13. Sports Illustrated Magazine, read within a week of receiving
14. Clean, deep clean apartment & donate unused items monthly
15. 31 Day Mindfulness Challenge, a card set, MARCH
16. Mt. St. Helen's Hike, Harry's Ridge Trail, JUNE
17. Mt. Rainier Sunrise Hike, Fremont Lookout Trail, JULY
18. Mt. Rainier Paradise Hike, Skyline Trail, AUGUST
19. Walk a Half Marathon, SEPTEMBER, Seattle Rock n Roll
20. Spine, get back fixed this year
21. Boobs, get rid of this fat pouches that cause daily pain
22. Nancy, pandemic allowing, plan a visit with NV bestie



Anyone excited to see who makes it to Super Bowl LVII?

Scouting Shoot Locations

On Saturday, January 8th, 2022, Mira and Rachel met up for a walk at Point Ruston. After enjoying their walk, they headed to Point Defiance Park to scout shooting locations for a maternity shoot that Mira had scheduled for the following day.



Her client had hoped for an outdoor snow shoot, but much of the snow has melted with the exception of the northern areas where the mountains have had excessive snow and are not safe to reach. Mira's hope was to find a beautiful location in a safe area for the shoot. With so many options, Point Defiance was a no-brainer.

Mira and Rachel enjoyed exploring and snapped a few photos. You will see Rachel being silly as she poses inside of a hollowed out partial tree stump. How beautiful would a maternity photo be in this spot? Wow. Enjoy the photos.