



January 2008
Issue 16



Monthly 1st Sun-day Newsletter by Joe MacKinnon and Estela Torres

Real Estate

Edmonton, which had been in a market correction since June of '07 has shown signs of a rebound lately. The number of listings had shot way up and led to a buyers market. The thing to remember is that the number of units sold remained constant, so demand has not diminished. The fundamentals continue to look good and we remain bullish on the area. The Royalty Review turned out to be a political maneuver, and a financial non-issue relatively speaking.

Saskatchewan has been a winner over the last year and continues to grow. Saskatoon in particular has shown great growth due to the gas and oil exploration in the area. Property values there have increased considerably and that is good news for investors. My question is whether the economic fundamentals will support it over time.

Prices in **Vancouver** have continued to grow despite all the contrary opinions. In-migration is strong and of course the supply of land is finite. The Olympics is generating a building boom and that will continue for at least 2 more years. The question is what happens after that? My opinion is that the Province as a whole could be affected by three things. a) a lumber crisis caused by weak U.S. demand; b) the mountain pine beetle, and c) weak U.S. tourism numbers because of the high Canadian dollar.

Joe

Our Journey in Success

In the previous issue, we introduced you to what we call our

10 Guiding Principles to Success

We will begin elaborating on the first Principle:



1. Change your thinking:

There are many ways to change your thinking, and you may want to examine each one. Here's a list of the 8 most common.



1.1. Money:

Ever wonder why most millionaire lotto winners are **broke** a year or two later? Could it be that it is a result of how they think about money? AND If you believe rich people are greedy, how can you **ever** attract money? That would be against your beliefs, wouldn't it? What are your money beliefs, and how have they been impeding you in the past?

Read "Secrets of the Millionaire Mind" by T. Harv Ecker. Keep an open mind and consider the ideas. His company, 'Peak Potentials', puts on an excellent **free** seminar called the "Millionaire Mind Intensive". In this seminar your 'money blueprint' is discovered so you can see how to change it positively. Warning: expect some marketing.



1.2. General outlook on life:

Is the glass half full or half empty? If you are constantly expecting the worst, it usually shows up. Develop the habit of talking to yourself everyday with positive affirmations, e.g. 'I feel great!'; 'today is going to be spectacular!'; and the old favorite - 'every day in every way I am getting better and better!' make up your own, be creative. Avoid using negative statements e.g. 'I **won't** have a bad day! (the subconscious blocks out negatives and hears 'have a bad day'). As little as 5 minutes EVERY day

can make positive changes in your life. Things **WILL** go better for you! **Note:** If this seems unbelievable, then use phrases that can be more accepting to your mind such as..." I am **in the process** of making my life excellent", of "I am **in the process** of getting thinner".



1.3. Cause and effect:

Do things always "happen" to you? Are you Karmically challenged, or are you somehow attracting it? (this one can be hard to swallow for many) Accept responsibility for your life. Maybe you **DID** have some part in that breakup. If you were fired, chances are you could have done a few things better. In my own experience I fell and broke my leg in a time when I was being overwhelmed by work pressures. All the stress magically disappeared, and I spent the next 6 weeks recovering. I realize now that subconsciously I created it. If you can realize that **I CREATE MY LIFE**, then you will be one step closer to leading the life you want. You are in control, it is your ship, you are driving the bus. Decide **now** to create your life and take responsibility for the good and bad. This is a liberating change, and will move you out of victimhood and into personal power.

Check out the next issue for the continuing series.

Bits 'n Bytes

Invest \$25 with 3rd World entrepreneurs (micro lending) and actually make more interest than what you get with the banks. Everyone wins! Check out this link—
www.kiva.org



Happy new year!