

# The GoodLife Newsletter

Helpful Advice and Fun Tips For CarBuyers & CarOwners

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## This Month In History

**4 - 1693 - Champagne was invented by Dom Perignon. I'll drink to that!**

**15 - 1914 - The Panama Canal was opened.**

**25 - 1932 - Amelia Earhart completed her trans-continental flight.**

**28 - 1963 - Martin Luther King Jr. made his "I Have a Dream" speech.**

**29 - 1964 - Walt Disney's "Mary Poppins" was released.**

**30 - 1993 - The Late Show with David Letterman premiered on CBS.**



## The ABC's of Back to School for Parents

By Diane Milne

As the new school year begins, we all want to encourage success for our children. Here's an alphabetical guide to the 26 details not to forget this Back to School season.

**A. Ask questions.** Ask your child about their day at school.

**B. Breakfast.** Kids learn best when they've had a nutritious breakfast.

**C. Communication.** Communicate with your child's teacher.

**D. Dates.** Check dates of school holidays and plan accordingly.

**E. Effort.** Praise your child's best efforts.

**F. Friends.** Get to know your child's friends, and encourage relationships

with those who are a positive influence.

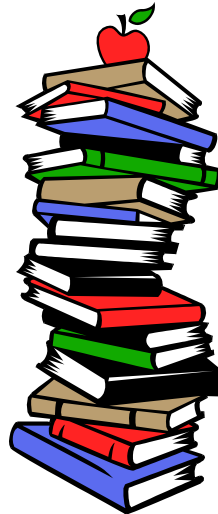
**G. Guidance counselor.** Ask the school guidance counselor to talk with your child if she seems stressed by the birth of a sibling, the loss of a family member, or school relationships.

**H. Homework.** Provide a quiet place that is free of distractions.

**I. Illness.** Keep your child home if they are sick.

**J. Jot a note.** Be sure to send a written excuse when your child is absent.

**K. Know the rules.** Be familiar with school rules, policies and dress code.



**L. Listen.** Really listen when your child talks to you.

**M. Make choices.** With your child, choose which after-school activities are the most important.

**N. Newsletter.** Read school and classroom newsletters regularly.

**O. Open House.** Attend your school's open house.

**P. Praise good behavior.** Good kids need to be praised for following the rules.

**Q. Quality time.** Busy lives make quality family time hard to find.

**R. Read your child's textbooks.** Glance through the table of contents to find out what will be taught.

**S. Smile.** Try to send your child off with a smile and a hug to set a positive tone for the day.

**T. Tardiness.** In some schools, a certain number of tardy slips count as an unexcused absence. Be careful!

**U. Update the teacher.** If there are things going on that are affecting your child, let the teacher know.

**V. Volunteer.** If your schedule permits, offer to help in the classroom.

**W. Website.** Check out the school website.

**X. Don't focus on the X's.** When graded work is returned, don't focus on the problems that are marked wrong.

**Y. Yell and shout.** Be your child's biggest cheerleader.

**Z. Zip your mouth.** When you disagree with the teacher, go to her directly to discuss concerns, not other people.

**"I Specialize In Helping Individuals & Families Find, Qualify For And Own The Vehicle Of Their Dreams With Little Or No Money Down Even With Less Than Perfect Credit."**

# Harness the Power of Your Habits

by Yol Swan

Most of us don't realize how much power habits have. I mean, not just because accomplishing anything requires continuity and discipline, but also because habits are an investment of energy and time. And I don't know if you see this the same way I do, but the idea of "time + energy = your life" hit me like a ton of bricks! I became much more selective about how to spend either ever since.

Think about how much time and energy you invest in what you do on a regular basis and what that says about your life. Whether it's the work you do for your job or business, the people or pets you take care of, a yoga or exercise routine, the things you do for fun, and so on. They're all reflections of where you're at in life. Now let me ask you, is it where you want to be?

If you're a new parent your habits are going to be completely different than if you are a single person starting a new career, or if you got married and lost your job, or if you just retired and are searching for a new purpose. The thing is that our habits seem to sneak into our life almost unwillingly.

No matter what type, habits accumulate time and energy. They're like a bank account you invest your life in. And I'm not just talking about action-oriented habits; your mental habits go into the account as well because they're also energy. How much time and energy you spend criticizing or complaining or judging or procrastinating also speaks about where you're at mentally and emotionally.

Now, when you consciously create new habits, as an investment on your

self, your goals, and your self-growth, then it's another story altogether. Now you get to harness their power to shape a life with purpose. You can utilize the energy and momentum they accumulate to accomplish your dreams and aspirations. You can feel the energetic path they build under your feet because they get you closer to where you want to be.

So I invite you to make a list of your mental, emotional and physical habits, and reflect on what they say about where you're investing your energy and time. Be honest with yourself and recognize what you give the most power to. Is it yourself or others? Is it your dream or someone else's? And how many of your habits distract you from accomplishing your goals?

Try to find ways to "recycle" the energy of the habits that pull you away from your goals and start creating new ones that keep you on track. Now, please don't be like those people who suddenly go out jogging after years of living sedentary lives and give themselves a heart attack! Be gentle and compassionate with yourself, but be firm and committed at the same time. Take small steps, energize short routines, reorganize small chunks of your day. More importantly, no matter what you choose to do or for how long, don't stop.

If you are consistent, the energy you invest will build up to carry you through your own resistance (yep, there's always resistance when we have goals) and get you where you want to be. It's another way of giving your inner voice a stronger presence and a greater impact in your life.

## Interesting Facts You Never Knew



*Did you know . . .* There's high speed Internet on the way up to Mount Everest.

*Did you know . . .* For over 100 years, pit bulls used to be referred to as "the nanny dog" and their main job was as babysitters.

*Did you know . . .* One Puffer Fish contains enough poison to kill 30 people.

*Did you know . . .* Einstein's eyes remain in a safe box in NYC.

## FAMOUS WORDS

"Always remember, your focus determines your reality."

George Lucas

## IF YOU READ NOTHING ELSE . . . READ THIS!

Do you know of someone who is looking for a quality pre-owned vehicle or wants to upgrade their current vehicle?

Even if they have little money to put down or they've had trouble qualifying in the past... I can help them! Send them my way. They'll be glad you did and so will you! Here's why...

If you refer someone to me this month, when we finish the paperwork for their nicer, newer car - I will give them a \$50 gift certificate for dinner at Filippi's Pizza Grotto and give you one too!



**PATRICK SMORRA:** Is an author and consumer advocate. He has spent his life fighting the negative stigma that plagues car dealers

around the world. He does this by fighting for the consumer as a car dealer that advises people and helps them get the quality vehicle they want and deserve in an positive and safe environment.

*Patrick Smorra*

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## THANK YOU!

*Matt Sherman Napa CA*

*I felt like I would have to outsmart the salesperson before I visited Napa Chrysler Jeep Dodge but after I found my car I felt like everything was meant to be. I was stressed about dealing with a "car salesperson" but the sales staff was very knowledgeable about all products and I felt they were very intelligent with providing just what I needed to know.*

## Prize Winner

Search This Newsletter For The Answer To The RCA Mobile DVD System Question and Submit Your Answer Online.

# SUDOKU Puzzle

Quick SUDOKU rules . . .

To solve a SUDOKU puzzle, every number from 1 to 9 must appear in:

- Each of the nine vertical columns
- Each of the nine horizontal rows
- Each of the nine 3 x 3 boxes

Remember no number can occur more than once in any row, column or box.

			4			6	5	3
		6			9		4	
5	2		6	3				
	4		5		1		9	7
		2	7		3	8		
1	7		8		2		6	
				8	4		7	6
	6		2			1		
7	5	9			6			

*"Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't."*

**Steve Maraboli**

# The GoodLife NEWSLETTER

Helpful Advice and Fun Tips For CarBuyers & CarOwners



**B**ecause I'm an automotive transportation and financing expert I can do things that most other car dealers can't. I've been helping individuals like you and families like yours for years and you know I'll do it for you.

So here's my promise... If I can't help you get the car of your dreams, I will buy you a big pizza dinner from Filippi's Pizza Grotto!

**Get Expert Automotive Financing Answers & Solutions For Free.  
Call Me Now At 707-224-3166**

## INSIDE THIS ISSUE

- This Month In History
- The ABC's of Back to School for Parents
- Harness the Power of Your Habits
- Interesting Facts
- Sudoku Puzzle

## WIN A FREE RCA Mobile DVD System

**W**hy am I giving away a *RCA Mobile DVD System*? Because everyone likes to win stuff. It's fun. And I want this newsletter to be fun for you. I also want you to read it. Ahhh... now you'll see my selfish motivation.

In order to win the *RCA Mobile DVD System* you have to answer the question below. In order to answer the question, you have to read this newsletter. I've hidden the answer somewhere in the contents of these four pages.

If you read the whole newsletter, I think you'll like it and you'll look forward to getting it every month.

Then when you are looking to buy a vehicle or know someone who is, you'll remember this newsletter and hopefully you'll give me the chance to earn their business. That's my master plan. So answer the question and you could be the winner. There's a new winner every month.

### **Here's The Question:**

*Who invented champagne??*

### **Submit Your Answer And Win**

Go to [www.FreePrizeQuestion.com/](http://www.FreePrizeQuestion.com/)

CONTEST CODE (DEALERSHIP NAME)

Submit Your Answer By: August 31, 2014

## CONSUMER ALERT!

**Don't Get Ripped Off The Next Time You Buy A Car.**  
***FREE REPORT** Reveals The 10 Most Notorious and Common Car Scams Dealers Use To Rob You Of Your Cash & Sanity and How You Can Avoid Being A Victim!*

**T**here are dastardly scams being pulled on innocent car buyers every day. It's really tough to tell where these shyster lots are and whether or not you're on one. Remember these people are very well trained and **may be taking advantage of you without you ever knowing it.**

You know this to be true because of the stereotypes we all hear about how shady and unscrupulous car dealers and used car salesman are. It's true. There are some bad apples out there that spoil it for the bunch.

So what can you do about it? **Arm yourself with the insider information you need to recognize a common car scam when you see it.** This information can save you big money, lots of time and an enormous amount of pain, heartache and frustration.

I've prepared a **FREE REPORT** especially for people who are thinking about making a vehicle purchase in the next few months. **This report explains the ten most notorious and common car scams** that go on at dealer-

ships all over the country. Some right here in our own town.

This report will show you how to spot these scams and how to avoid being a victim. **This is insider information** you won't get from any other car dealer. In fact, I'm sure I'll get some heat from the industry just for writing this. But I don't care. I'm here for you.

**If you are in the market for a car you are entitled to this information.** It is available to you absolutely **FREE** with no cost or obligation.

To **request your free copy** of this special industry expose' visit my report request web site at:

[www.CommonCarScams.com/napaauto](http://www.CommonCarScams.com/napaauto)