

We invited our guest speakers to share a favorite book, podcast, quote, tip, vacation destination, and/or stress reliever, and they didn't disappoint!

Lindsey Dykstra (lindsey@lindseydykstra.com) - I love to travel, especially to WARM places in the winter. We've been fortunate to travel a lot, but Greece tops it! I also love camping in Michigan.

Along with my two girls, I'm a chicken mama of 9! Just watching them can be therapeutic. Once you've had backyard, free range eggs, you'll never want to buy them from a store again.

Tips - You will never regret doing the right thing. Be kind and have empathy. Share feedback with others directly.

Books - I'm a reader and love whatever I'm currently reading!

Podcast - Rachael Hollis podcast | The Millionaire Real Estate Agent

Stress reliever for me - spending time outdoors, Peloton, and traveling.

Dave Kooistra (kooistra.dave@gmail.com) - My favorite places to unwind are:

- #1 - Up north at my cottage on Mullett Lake. There are lots of great restaurants and always something fun to do. My wife and I are empty nesters now, so we like to get up there as often as possible. Having that flexibility is awesome and we will frequently go mid-week or whenever the schedule allows.
- #2 - Florida. I like taking the direct 2 1/2 hour flights to Punta Gorda, Ft. Myers, or Sarasota. We have lots of family in those areas so we haven't made a purchase yet. I am currently pursuing my FL real estate license and plan to sell in both MI and FL. In the last month, I have had four friends/clients ask for my assistance down there, so I figured it's time!

Joni McArthur (jonimcarthur@gmail.com):

- Favorite Books - *The Nightingale* and *Redeeming Love*. I love these books equally, but for completely different reasons!
- Recommended Podcast - It's a Good Life by Brian Buffini.
- A Favorite Quote - "I never lose, I either win or learn" ~ Nelson Mandela
- Vacation Destination - Italy
- To relieve stress, I enjoy praying, walking, listening to music or a podcast, and relaxing on my screened-in porch with a glass of wine.

Scott West (swest@greensquaregr.com) - I love to work in my garden or mow the lawn as a stress reliever. Mowing with my headphones on is the perfect task to forget about work/life stress. It requires just enough concentration that other things don't drift into my mind. But it isn't taxing or stressful to me in any way. And I thoroughly enjoy being able to complete an entire task and the reward of seeing the results. Most of my day-to-day job offers very few tasks that I can complete at the same time. That is probably why I love it.

The garden is a little different. I think for me, it is the satisfaction of watching things grow that I cared for on the daily. And everything tastes better coming out of it!

I think Greece was my all-time favorite travel destination. Beaches, stunning blue water, history, culture, and amazing food & wine. It really has everything I love on a trip, plus it felt very laid back.

I have so many quotes that I love. "God's gift to you is life, what you do with it, is your gift to God", was my senior yearbook quote and I think it resonates with me more now than it did when I first came to love it.

Wake-Up w/YPN

August 21 from 9:00 to 10:00 a.m. at Egypt Valley Country Club

Resilience – Today & Tomorrow!

Panelists: Mike Childress, Bryant Mitchell, and Mike VanderWoude

Moderator: Lisa Thomas

