

THE SPACE CO.



Celebrating 37+ years of service

Spreading the Love

We hope you have had a great start to the new year! Wishes for you and your family to have a prosperous and healthy 2023.

Valentine's Day It's that time of year when we tell our residents how much we care about you. Even though February is the shortest month of the year, there is so much going on. Beyond Valentine's Day, it is the National Month of Friendship. We hope everyone will celebrate the idea of friendship and choose kindness. We talk about if a choice we make or something we say will make someone's heart feel big or small. Kindness makes you happy... and happiness makes you kind. Research suggests that once you start doing nice things for others, you might create a virtuous cycle that promotes lasting happiness and altruism. Little acts of kindness go a long way and can make a huge difference.

OUR INSIDE SECRET OF NOT FALLING IN LOVE

If you think a property is ideal for you when purchasing a new home, do not let the agent know. Try to keep a poker face and do not focus too much on all the positive great points 'talking out loud' that would suggest you are falling in love with the property. Actually, do the complete opposite and highlight the faults of the property. Agents are good at reading emotions. A wise home buyer knows there are many houses, and there is one out there that is the right house at the right price. However, at the same time... if you know the house is 100% for you, then you need to negotiate strong and put forward your best offer.

THINKING IT'S TIME TO BUY YOUR OWN HOME?

show some love...

Meet the Team!





BE GOOD TO YOURSELF

10 Powerful Ways to Practice Self-Love

Loving yourself should always be a top priority, and it doesn't need to be as selfish as you think. Self-love allows you to reach a new level of security and happiness. We look outside of ourselves for love since that is how we found stability and love as kids. The truth is, the love you're looking for can only come from within. Below are some of the most powerful ways I've discovered to do just that:

1. Focus on being someone who loves.

If you're in a place today where you don't love yourself, it's hard to take a quantum leap and become someone who does. Just like when you're building muscles, self-love takes consistent practice.

2. Tap into what it looks and feels like to be loved.

It's easy to be loving toward ourselves when things go as planned, when we succeed and people like us. Not so much when stuff falls apart, we screw up or get rejected. When we struggle the most, that's also when we tend to be hardest on ourselves.

3. Stop comparing yourself.

Comparison is a killer to self-love. And we aren't usually very nice when it comes to comparisons, right? Instead, we take our greatest flaws and compare them to someone else's greatest success. In short, you're doomed to fail.

4. Take baby steps to create the life you long for.

Desires are powerful. And so, to take action turn those dreams into reality is to honor and care for yourself. By taking daily actions, you signal that you're worthy of living the life you desire.

5. Ask your guidance system for help.

Imagine that your emotions are guiding you. When you feel good about yourself, it means that what you're thinking is aligned with how your soul/higher self sees you. When you feel bad about yourself, it's a red flag telling you that a change of perspective is needed

6. Surround yourself with people you feel good with.

Oh, this is an important one! You may have heard Jim Rohn's famous quote before: "You are the average of the five people you spend the most time with." Think about who those people currently are. Do they inspire, fill you up, and want what's best for you?

7. Be compassionate when sh*t hits the fan.

So many of us (myself included) tend to beat ourselves down when we need our love the most. When we fail or screw up or someone rejects us, that's the time we often get even more down on ourselves.

8. Make room for healthy habits.

Yep yep! Start truly caring for yourself by mirroring that in what you eat, how you exercise, and what you spend time doing. Do stuff, not to "get it done" or because you "have to," but because you care about you.

9. Postpone your worry and negative thoughts.

Are you ready for a really great tip? If so, then get excited. A very powerful technique I recently discovered is called a "worry-free month" (named it myself). Think about how much of your worry that actually serves you. Sure, some of the worry has a purpose, as it tends to give us a little kick when we need to get our sh*t together and start acting.

10. Accept what you cannot love.

This might have been the greatest game-changer for me. Because let's face it: It's easy to love what you love about yourself and not so easy with the things you don't. So, instead of even aiming to love those parts, which will probably just make your mind go "Are you kidding me?", focus on accepting them.

Valentine's Day

OFFICE BULLETIN

WE HAVE CHANGED OUR EMAIL TO:

info@thespacecompany.com

February 2023 EVENTS

Comedians in Drag Doing Comedy, February 15 2023

- Comedy show at the Music Farm.

Love's Holiday with Charlton Singleton, Quiana Parler, & Friends, February 18 2023

- Concert at the Charleston Music Hall

Presidents Day February 20, 2023

The Electric Light Orchestra Experience featuring Evil Woman, February 23 2023

- Tribute concert at the Charleston Music Hall.

Oysterfest, February 24 2023

- Annual after hours event at the Charleston Aquarium, with local oysters and evening viewing of the aquarium exhibits.

Lowcountry Dog Eat, Drink & Rescue, February 25 2023

- Annual event at Estuary Brewery, Johns Island, with live music, vendors, food and adoptable dogs

Starting your Homeownership Journey? We can help!

CALL 843-864-3990 OR EMAIL SMALLSRENATA@GMAIL.COM NOW!

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