



Monthly Organizing Special

September is Self Improvement month. Now I know you're thinking "what in the world could I possibly do to improve myself?", but here are a few ideas just in case.

1. If you are not already doing this, begin a routine of exercising. I know it's hard. I'm with you there. But, you end up feeling better about growing older and bigger if you are at least keeping active. Exercise also has this strange way of giving you more energy throughout the day so put it on your calendar and set your schedule around it- even if it starts with only a few minutes a day.
2. Do you ever feel like hyperventilating when you walk in a room in your home or open a certain closet because of the amount of stuff? We tend to fill our lives with so much stuff in hopes that if we have just a little bit more, we will feel better. Unfortunately, having so much stuff tends to have the opposite effect because having so much creates more responsibility and adds stress. De-cluttering your home can be such a freeing feeling and may allow you to start breathing normally again. For a great video on stuff, see www.thestoryofstuff.com Mention this email and get 10% off organizing services this month.
3. This one kind of ties in with the above tip. Often, our addiction to stuff goes a little deeper. We've all got stuff that goes beyond the physical stuff in our homes. One of the best things I did in my life was spend 3 years in counseling with my husband. It has made me a better woman, a better wife, mom and organizer. Knowing your personal "stuff" can be life changing. I highly recommend therapy for everyone. www.truenorthconsulting.org
4. Pay attention to the spiritual part of your life. So often we are on this fast paced treadmill we call life and don't take the time to be thankful for what we have and who has given it to us. When I'm grumbling about gas prices, maybe I should be thankful that I have the convenience of a car at all! Thank you God that you have given me a home, a healthy family, food on my table each night, many friends, a job that I love and the opportunity to be used by you.
5. Give. Yep, you heard me. We all have that need to be needed and even in our darkest times, there are few things that can pick you up more than giving. I don't care who, what or where. Do something for someone else. Take your focus off yourself and put it on someone else. You'll be amazed at your new perspective.

Sincerely,

Susan Stewart
Perfectly Placed

Do you need help getting your life organized? Sign up for free tips at the Perfectly Placed website.

www.perfectlyplaced.org

(623) 202-9199

www.perfectlyplaced.org • susan@perfectlyplaced.org