



August

- ☀ Sometimes you will choose the wrong road; it doesn't have to be a dead end. Believe in yourself and your ability to change direction.
- ☀ Remember when you are sorting and purging items that things aren't what's important. People, memories and experiences are. If the thing is part of the memory, you can always take a picture to capture it forever.
- ☀ If you get the organizing bug, take advantage of it. Spend that time tackling the area in your home that is getting to you the most. Even 15 minutes can make quite an impact.
- ☀ Does someone you know need help getting something done? Consider how you can pitch in. Or, if you're the one in need, don't hesitate to ask. Many hands make for light work.
- ☀ Now is the time to clear through your coat closets. If it doesn't fit or you no longer need or want it, donate it now. That way it will be in the second hand stores in time for the cold weather.
- ☀ How many old phones do you have around? Aren't they just taking up space? Many organizations would love to have them. Most Liberty Tax Service locations will take them in and receive credits to provide to soldiers to call home. Check out this awesome program. <https://www.libertytax.com/commun.../cell-phones-for-soldiers/>
- ☀ Worrying changes nothing but the acid levels in your stomach and your blood pressure. Take the steps you can take for things that you are concerned about. Do what you can do. That's all you can do.
- ☀ Determine why you are putting something off. Is it because you are afraid? Is it because you don't like doing it? Is it because you think you will fail? Is it because it is outside of your mental or physical capabilities? Whatever it is, acknowledge it and get help to get it done.
- ☀ A large percentage of people have a hard time throwing out greeting cards. A good rule of thumb is that if it doesn't have a personal note written inside, go ahead and trash it. Holding onto only the ones with a personal inscription will certainly decrease the pile and will usually have more meaning.
- ☀ Do you have a cabinet or server full of china and other fancy serving pieces? When was the last time you used any of it? Be brutally honest and decide which pieces are truly special or functional and deserve holding onto while others can be let go.
- ☀ Do you have a living room in your house? Do you use it? If you rarely go in there, take 5 minutes today to sit in that room and really take it all in. Are there things in there that you no longer need? Or maybe there are items in there that you cherish that deserve your attention.
- ☀ Do you have a linen closet full of towels, sheets and blankets that you hardly, if ever use? Purge them now and donate them to a local animal shelter. They always are in need. Even the pillow cases are put to use for snakes to cozy up in.

- ☀ Before heading out for school supplies, take a look at your leftovers from last year. I bet you have at least 1/2 of what you need.
- ☀ For those of you with children returning to their dorms, don't stress out. Unless they are literally living in the middle of nowhere, anything you have forgotten can be bought nearby. Worst case scenario, Amazon can get it to them.
- ☀ Prepare now for the colder weather. It will be here before you know it. Check your children's cold weather items (coats, boots, snow pants, gloves, hats, etc.) from last year to make sure they still fit.
- ☀ When was the last time you looked at that book you have sitting on that shelf? Have you only seen dust piling up on it? Maybe it's time to purge your books. Discarding of books can be one of the most difficult tasks for many people. Keep in mind that many libraries would be happy to take them off of your hands and consider the free learning and enjoyment someone else will get from you.
- ☀ When you overthink something, fears can creep in. Just put your mind to it and take a step forward.
- ☀ Have a list of all of the medications and supplements that you take along with the dosage and frequency. Keep a copy in your wallet and a copy posted in a prominent place in your home. That way, you will have it for basic events like doctor's visits and your family will be able to access it for emergencies.
- ☀ Summer is wrapping up. Now is a good time to clean out the garage and/or shed to insure that you will be able to get your vehicle inside for the colder months. As you're making decisions on what to keep, consider if you have used the tool/item in the last 12 months. Also, to save floor space, think walls and shelving for storage.