



- ❄ Be sure to clear out any outdated and/or unneeded prescriptions. Not only do they clutter your medicine cabinet, they can become dangerous if misused by others in the household. Also, many times the drug will no longer work the way it was originally intended. Most pharmacies will take them off your hands.
- ❄ Book time in your schedule for a "date" every so often with each of your kids. You'll make memories to last a life time.
- ❄ I love this quote from [Dale Carnegie](#), "Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy." This statement is also true of getting organized. If you sit and think, think, think, you will doubt yourself. Take action by just releasing one item, you will be amazed at the motivation and strength it provides to continue to remove the clutter.
- ❄ Winter is in full gear. Were you able to park your car in the garage all this time? Are you sick of de-icing every time you have to go out? Block time on your calendar now to clear your garage in the spring so you won't have to bother with the cold weather aggravation next year.
- ❄ A great tip from Paulette Ensign..."To get started using a tickler file, throw two twenty-dollar bills into it, one ten days from now and one twenty days from now. When you find them, spend them on yourself."
- ❄ Take time to feel. In our busy lives, we power through and check off our to-do's and sometimes forget to enjoy and to notice the people and things around us that bring us joy. Take at least a few minutes out of your busy schedule each day to notice which things give you pause, give you chills, make you smile and savor the moments.
- ❄ Running short on time? Why not skip social media for a day or two? You will be amazed how much time it frees up.
- ❄ Take some time to be with your loved ones today and let them know how much you care about them. It's easy to get caught up in our day to day lives, but today let's take a moment to pause and remember the loves in our lives.

- ❁ If you practice the idea of giving up something for lent, why not give up some of your stuff? Most of us have plenty to share. Place a bag in your pantry, coat or bedroom closet and place an item or two per day in there. By the end of lent you will have quite a nice bag of donations.
- ❁ Set-up a "grab and go" place for you and your family. It can be as simple as a couple of hooks and/or baskets near the door where you come in and out most often. Use this spot to hang purses and backpacks, store things that have to leave with you, you name it. That way you can easily grab and go.
- ❁ Do you have a drawer full of pens? Or, maybe you have several drawers full. Take 5 minutes and scribble each one on a sheet of paper tossing the ones that don't work or are blobby. Then keep 5-10 in the drawer loose, while placing the others in a Ziploc bag. Then as the pens run out, use the Ziploc ones as replacements.
- ❁ I think this is a great way to look at getting organized..."Look at it as a big adventure, a chance to do some soul-searching and gain a lot of insight and inspiration....When you begin the process of organizing you will discover a lot about YOU."--from "Organizing from the Right Side of the Brain" by Lee Silber.
- ❁ Do you have a pile of photographs that need some attention? Don't let it overwhelm you. Take the first step and separate the pictures, by your best estimate, by the year they were taken. Then use picture boxes or shoe boxes and put them in by year, marking each box with a sharpie as to what year is inside. At the very least you will have them sorted by year and will be able to look back on them with ease. If you feel like it, you can later sort them further by event or month by putting in index cards as simple dividers. It's a quick, easy fix to be better able to enjoy those pictures.
- ❁ When scheduling dental and eye appointments, if at all possible, schedule everyone in the family for the same time/day. This will save time (less back and forth) and make it easier to remember when you are due to go back again.
- ❁ Have a hamper in each bedroom. As it gets close to full, have each family member responsible for bringing their basket to the laundry area. Finally, after the clothes are laundered, have each person responsible for putting their own clothes away. Splitting the chore will make it easier for everyone. NOTE: Older children can even be taught to do their own laundry which really helps to accomplish this chore.
- ❁ As you run low on an item, add it to your electronic or written grocery list so as not to forget. Also, maintaining and using a list while shopping will save you time and money. Finally, there are numerous apps that you can use for this purpose as well.