



- Pay your bills on your pay day. I know it can be disheartening to see the money leave your account the day it comes in, but it will help to keep your finances on track and your bills paid on time. Better yet, set-up on-line bill payments to avoid writing checks at all.
- Not everything is a "must do" right now. Also, some things cannot be procrastinated. Develop your priority list in a reasonable manner and you will have a less stressful day.
- Find your quiet time. Even if it means getting up a bit earlier or staying up a bit later than the rest of the people in your house. It will give you a recharge.
- It's Friday! Have you left some room in your schedule for you this weekend?
- "You're so much more than your stuff. Even when you're in an empty room, the value is within you, not your things." -- Joshua Fields Millburn in "A Day in the Life of a Minimalist"
- Have a job that desperately needs to be done but keeps getting put off due to the boredom of the task? Enlist the kids! Maybe offer \$1 or two for each bag of weeds they turn in or \$1 for each load of socks they match up. They'll love the extra cash and you'll love the help.
- When you have something you're ready to get rid of, don't put pressure on friends and family to take your items. Certainly feel free to check in with them before donating, but don't guilt them into taking your stuff. Remember, you no longer want it so don't assume they will.
- Do you have broken or outdated jewelry crowding your jewelry box? You may want to take those items to a reputable jeweler and trade them for cash. If you don't like it or it's broke, why not get the money for them or even use that trade-in value to buy an item you really like.
- I love this quote from "I'm Spiritual, Dammit" by Jenniffer Weigel... "When we totally focus on just one thing, we can miss out on everything else around us...(when someone irritates you, just let it go, otherwise)...You miss(ed) out on positive feedback because you let one person rule your responses."
- If you have an unexpected 30 minutes to yourself, consider spending it one of two ways...either get some items checked off your to-do list (phone calls, emails, etc.) or do something strictly for you (read, exercise, do your favorite hobby, etc.).
- If you feel like others are judging you or being hard on you because of your stuff, keep this in mind from don Miguel Ruiz in "I'm Spiritual, Dammit" by Jenniffer Weigel... "Someone's reaction to you has nothing to do with you...We have no idea what is going on inside someone's mind or body."
- Can you believe it? It's almost Memorial Day. Be sure to make space in your summer calendar to make memories with your children. It can be as simple as a picnic or a walk in the park; just don't forget to do it.
- I think Joshua Fields Millburn is spot on when he writes in his book "A Day in the Life of a Minimalist"... "If we focus on the negative, we'll feel fear, loneliness, jealousy, and every other negative emotion we can conjure from within. Conversely, if we focus on the positive, we'll feel joy, happiness, and contentment. Much of how we feel is directly associated to what we focus on."

- When cleaning up your home, rather than dreading it, try some of the following tricks to make the cleaning go easier:
 1. Take a good look at the picture and items your dusting and enjoy the memory that they hold for you. (NOTE: If they have no meaning, you may want to consider donating them so as to have less to dust.)
 2. Enjoy the fresh scent that the cleaning products are bringing into your home.
 3. Open the windows and let even more fresh scents in.
 4. Enlist the help of your kids.
 5. Put on some rockin' music and enjoy.
- "...for anyone who is struggling to find their way in a world full of judgment and pain; Look for signs, remember to laugh, and stop punishing yourself." -- Jenniffer Weigel in "I'm Spiritual, Dammit!"
- Do you need help to get motivated to get organized? Turn on some music and commit to 15 minutes of organizing. You may be surprised at how much you accomplish.
- Look under your kitchen sink. When was the last time you cleaned it out? Give yourself 20 minutes. It'll be well worth it.
- Is there something you absolutely hate doing that you need to do today? Do it first thing and get it over with! Procrastination only makes it worse. It will occupy your every thought and ruin your day. Just get it done and be proud that you did.
- Summer is just about upon us. Before you head out for your first beach excursion, clear through the toys and trash any broken ones and donate the ones your children no longer play with.