



- 📌 If you still use a cable service, when was the last time you looked at the bill? Give it a good review, then call and ask for discounts. Ask them if they are "running any promotions." You can almost always get something knocked off the bill.
- 📌 Sometimes unexpected stuff will throw a wrench into your plans. Try to stay calm and adjust as needed. When you're feeling completely out of control and frustrated try to consider if this blip will be all that important a year, month or even a week from now.
- 📌 Is there an appointment you have been meaning to make? Set a reminder right now and make the call tomorrow. Just take care of it. You will be happy you did.
- 📌 Don't let fear stop you. If it's safe and you have the skill/training you can do it. Believe.
- 📌 "Don't be afraid to try. Don't be afraid to fail."--John Cena
- 📌 No one knows what tomorrow will bring. Make today a good one.
- 📌 Are you really in the loop? Be sure to stay in touch with co-workers, family and friends by actually stopping by or making a phone call. Text and email don't always cut it!
- 📌 "Don't pull out more than you can put back in one hour." -- Marla Cilley in her book "Sink Reflections"
I love this tip, because it seems so simple and it is. If you are working on a project, always keep this tip in mind to keep your house under control.
- 📌 When taking out your Thanksgiving and then Christmas decor/decorations, consider what you really like and have used over the last few years. Trash or donate the items you don't use or that have seen better days. Then, when putting away the items after their season, consider using only plastic totes with locking lids. Storing stuff in cardboard boxes invites moisture and pests.
- 📌 Will you decide you can or will you decide you can't? You decide.
- 📌 Cindy Glovinsky in her book "Making Peace with the Things in Your Life" says, "When you're in crisis mode, don't think you have to follow the triggered instinct that tells you not to put Things away. Remind yourself that the seconds you save now while creating clutter may result in hours later looking for something lost." This is so true. Don't get caught in the loop of "I'll just put this here for now."

- 🍁 Use your electronic devices to your advantage. Set a reminder, on your phone or Alexa-type device, for 15 minutes a day. Spend that 15 minutes de-cluttering. Do this for a week and you will be shocked at what's accomplished, a month, and you will be stunned!
- 🍁 Feel like you are getting attacked by plastic storage food containers? Lay them all out. Make sure each lid has a corresponding container and each container has a corresponding lid. Trash/recycle any that don't. Review the pairs. If any have a white, crusty looking build-up, trash them; That's from the plastic breaking down and you don't want to be eating plastic. The same goes for any that are stained, get rid of them. Then stack & nest like sizes/types and use one or two of the larger containers to hold all of the lids in size order.
- 🍁 Here's something I often have to remind myself of and thought it was worth sharing. You don't know everything and that's OK. Reach out to the people who can help you get the information and skills you need. They'll be happy you asked and almost always more than willing to share their knowledge and expertise.
- 🍁 The most important things in life are not things.
- 🍁 I love this from Cindy Glovinsky in her book "Making Peace with the Things in Your Life," she says, "If you frequently feel inadequate about your Things, you may need to get in touch with feelings from the time in your life when owning the right clothes or the right toys was SO IMPORTANT. You're not that age anymore. Whoever you are, by now you have at least some accomplishments to feel good about, and you no longer need Things to define yourself."
- 🍁 If you are having trouble getting rid of stuff, consider this...
If there were, God forbid, a fire in your house and you only had 10 minutes to get out, what items would you take?
(Don't include people or pets; this is assuming they are safe.)
This thought process can help you to determine which things are truly precious to you.
- 🍁 Thanksgiving is tomorrow. Be sure to review your to-do, grocery and drinks lists. Get done today whatever you can so that you don't have to do it all tomorrow. I have my sweet potatoes cooking on the stove right now. What things are you able to get done in advance?