



April 2015

FOCUS: The Power of RELEASING

I hope your March Madness included some great Moo-ving!! Remember we talked about:

- M** - Make a plan
- O** - Out with the old, the tired and the expired
- O** - Organize the keepers and assign them specific homes where they can live



I saw this life-size cow mid-March looking over the furnishings in a Living Spaces store and thought, "She's helping everyone to get moo-ving!!"

Of course, we don't need to get rid of our furniture and head out to a retail store to replace it. Sometimes less is more, and we need to focus on letting go of what's not working first.

In my book, "Clear Your Clutter: 50 Ways to Organize Your Life, Home or

Business So You Can Become More Calm, Focused & Happy" I have a chapter called, "The Best Date Night of the Week (Even if You're Married)."

So many people tell me that's one of their favorite chapters in the book and always puts a smile on their face when they read it.

The steps are really quite simple, and if you are interested in releasing some clutter and stuff from an over-packed life, home or office, here is a great place to start.

1. Get out your calendar and note the day of the week "the trash man cometh."
2. Now put a big red circle on the NIGHT BEFORE. That's the BEST DATE NIGHT because it is your golden opportunity (your golden ticket) to see how many "gifts" you can have ready for the trash man before his arrival!!
3. Put on your favorite dancing music - no need to get dressed up fancy for this date!
4. Grab some large hefty bags or garbage barrels and look around your environment. Is there some clutter that is no longer serving you, but taking up valuable breathing space in your home or office?
5. Have the recycle bins at the ready. What can you release to recycling to bring down the volume of stuff screaming at you?



Visit My Website - www.SueCrum.com

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UPCOMING PUBLIC EVENTS:

Jump for Joy - It's June!

Has 2015 gotten off track for you? Can you believe the year will be half over on June 30? Are you still imagining your BEST YEAR YET but don't know how to get 2015 back on track for QUANTUM SUCCESS, PURPOSE and FULFILLMENT?

Mark your calendars NOW for **JUMP FOR JOY - IT'S JUNE!** and get your year back on track!

Saturday, June 6, 2015
9:30 a.m. - 3:30 p.m.

[Holiday Inn Express - Rancho Bernardo](#)

(lunch on your own, several restaurants within walking distance)

Investment: \$147
Early Bird Registration: \$97! Seating is limited.

It's time to get focused and get going on a specific pathway for achieving all that you've imagined and deserve in 2015.

Each participant will leave with a specific plan of action, S.M.A.R.T. goals outlined and a special vision board unique to that person's passion

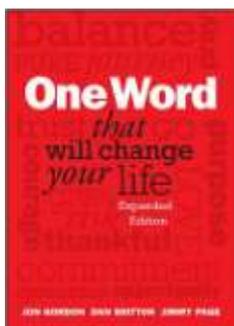
6. Confidential papers? Get a bankers box going and mark it: "shred." When it's full bring to a drop-off shred place of your choice.
7. Take a look at your spaces and places and especially the rooms you do not enjoy going into - the reason may be that you get too stressed out looking at all the stuff in that room.
8. Now look at those spaces with a calm, critical eye and see what you could release that is no longer serving the life you are living today.
9. Items too big for the best date of the week -- the trash man? Call your favorite charity for a donation pick-up and breathe deeply knowing that you are releasing to the universe items that you've enjoyed but now others can use.

If you want to receive the other 49 ways to organize your life, home or business order your own copy of "Clear Your Clutter: 50 Ways to Organize Your Life, Home or Business So You Can Become More Calm, Focused & Happy." Here are links directly to [Amazon](#) and [Barnes and Noble](#).

FUN, FAMILY & FRIENDS

For the past two years my family and I have each selected a word for the year. My word for 2014 was "mindfulness," After I selected it I was amazed at how often this word showed up in my life - I saw mindfulness in books, magazines, online articles and talk shows. As 2014 evolved I worked hard to keep "mindfulness" front and center for me, especially when I was with others.

The idea for having a word for the year came from a great little book I read last year called "One Word That Will Change Your Life" by Gordon, Britton, and Page (Expanded edition). The authors discuss how New Year's Resolutions are broken by 87% of the population, making them a less than successful way to get the year going!



Instead of resolutions or lofty, nebulous goals the authors propose creating a laser-like focus that will last for a year. Their philosophy has now been used in businesses, organizations, schools and churches as well as families.

My word for 2015 is RELEASE. The authors propose selecting a new word each year, even if you feel that you didn't fully embrace your previous word. Just let it go and quietly get in touch with a new word.

For me 2015 is still in its infant stages, so I'm not 100% sure how "release" will show up for me by the time the end of December rolls around. I envision continuing to release stuff that no longer serves me, (and yes, professional organizers have clutter, too), calendar commitments that I no longer enjoy and hanging on to negative thoughts that are just not healthy.

I encourage you to look at www.GetOneWord.com where you can download a free One Word Action Plan, watch a One Word video, and save and create One Word Posters. They also have a free newsletter and a Facebook page as well.

What ONE WORD can be your laser-like focus for the rest of 2015?

Please drop me an [email](#) and let me know what ONE WORD you picked

and purpose.

The first 8 to register will receive an autographed copy of "Clear Your Clutter: 50 Ways to Organize Your Life, Home or Business So You Can Become More Calm, Focused & Happy."

[REGISTER TODAY](#) for a much better TOMORROW!!

Paper Pile-Up: Where to Begin

Tuesday, April 21
2:00 - 4:00 p.m.
College-Rolando
Branch Library
Cost: Free!

Call the College-Rolando Branch Library at (619) 533-3902 for more information and to register.

Spring into Action: How to Get Your Home More Organized

Friday, April 24
1:00 - 3:00 p.m.
Oasis - Mission Valley
Cost: \$10

Click [here](#) for more information and to register and enter class #353.

Spring Cleaning: Clear Your Paper Pile

Thursday, April 30
10:00 a.m. - 12 noon
Poway Adult School
Cost: \$45

and why. I'd love to hear from you.

The year has really just begun!!

It's only too late if you never get started!

FAVORITE QUOTES OF THE MONTH:

"You leave old habits behind by starting out with the thought, 'I release the need for this in my life.'" - Wayne Dyer

"It's not the daily increase but daily decrease. Hack away at the unessential." - Bruce Lee

"Some of us think holding on makes us strong, but sometimes it is letting go." - Herman Hesse



Sue Crum

**Speaker, Professional Organizing Coach and Author of Clear Your Clutter
50 Ways to Organize your Life, Home or Business
So You Can Become More Calm, Focused & Happy**

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I help busy people turn their house into a home, make better use of time and space and get organized for good.

["Clear Your Clutter" on Amazon.com](#)

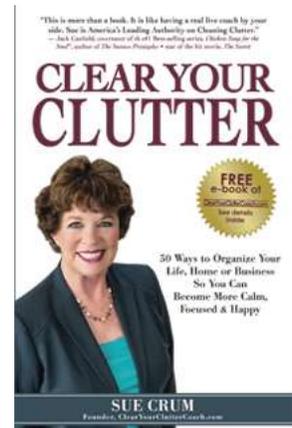
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Click [here](#) for more information and to register.

I love speaking to groups. If your organization, association or company is looking for a motivational speaker to inspire your audience to better productivity and improved focus, contact me at 760.803.2786 or Sue@SueCrum.com.

CLEAR YOUR CLUTTER:

I am so excited that my book reached #1 International Best Seller and #1 Hottest New Releases!!



Autographed copies of *Clear Your Clutter: 50 Ways to Organize Your Life, Home or Business So You Can Become More Calm, Focused & Happy* are now available on my website at www.SueCrum.com.

Just \$19.99, includes tax, shipping and handling. Click [here](#) to order.

If you don't want an autographed copy, or you'd like the Kindle version, click [here](#).