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December 2015

### FOCUS: The Power of THE PRESENT

As 2015 winds down this month, the closure of the year is always a great time for reflection. Did the year go as you had planned or were there some bumps and turns along the way? Life really is what happens to us while we're making other plans. I'm a planner and many of you are planners, while others just let each day unfold. Some of us approach life with awe and appreciation, and others with angst or possibly anger. The world is big enough for both the planners and the non-planners. For the planners it's tough though when things don't go "as planned."

Having a Plan "B" is something that's always on my mind. But for this month of December I am really going to focus on NOT planning, but rather being in the present, enjoying each gift of the day with its awesomeness, opportunities and yes, occasional bumps.

December can be one of the busiest months for many and one of the loneliest for others. For the remainder of the year let's heighten our senses, be aware and observe others as we go about our day. Check in with that quiet person at the coffee shop or the workroom. Raise our heads just a bit and see how they are really doing.

As we make purchases for gifts this holiday season think deeply first if that person needs ONE MORE THING or if he or she would relish a Gift of Time instead. Think about experiences and not things that take up space, need our attention and just add to our clutter and congestion.



Gifts of Time can come in many forms: sit still and think about the recipient. Could they use an evening or afternoon away from their responsibilities? Would they enjoy a dinner and a movie with you? Might helping them complete a project be the best present you could give them this year?

Our presence with those we love and who love us is often the best present!

### FUN, FAMILY & FRIENDS

This past week I had a friend visiting me from Canada. We had picture perfect weather for her visit, but I think even if it hadn't been we would have still had a grand time! We went all over San Diego County and giggled our way through each day. Sometimes in the busyness of our daily lives we forget the importance of just being with



### END OF THE YEAR - 12th MONTH SPECIAL

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Use in 2016!!

Send an email to [Sue@SueCrum.com](mailto:Sue@SueCrum.com) and put the following in the Subject Line:

**Yes, I'm in for the 12th Month Special of 12% Off your Virtual Organizing Package**

#### UPCOMING PUBLIC EVENTS:

#### *De-Clutter Your Life: Where and How to Get Started*

Thursday, January 14  
1:00 - 3:00 p.m.  
Oasis Mission Valley  
Macy's 3rd Floor  
Cost: \$10

Click [here](#) and enter class #346 for more information and to register. Registration begins January 5, 2016, but add it to your wishlist now!

another.



Like so many others, I do love my quiet times; the stillness gives me time to think, process and plan. Yet being with my dear friend for almost 10 days made me recognize the importance of real friendship. It's important to nurture the soul by being fully present with another.

I can't wait to see her again, and we are planning our next escapade for early 2016! Time is a limited resource and the one equalizer for us all.

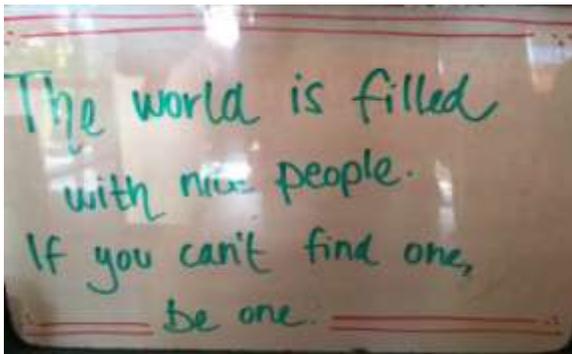
### FAVORITE QUOTES OF THE MONTH:

**"If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present."** - Lao Tzu

**"Be present in all things and thankful for all things."** - Maya Angelou

**"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."** - Buddha

**"I know that the purpose of life is to understand and be in the present moment with the people you love. It's just that simple."** - Jane Seymour

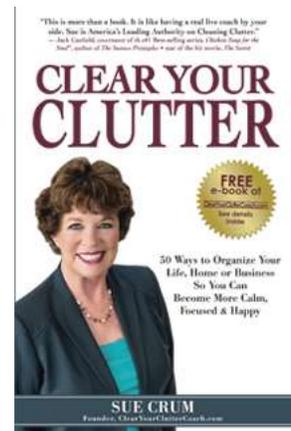


Wishing each of you a Delightful December and a Joy-filled New Year!

*I am scheduling my speaking presentations for 2016 at this time. If your organization, association or company is looking for a motivational speaker to inspire your audience to better productivity and improved focus at an upcoming event, please contact me at 760.803.2786 or [Sue@SueCrum.com](mailto:Sue@SueCrum.com).*

### CLEAR YOUR CLUTTER:

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

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*Sue Crum*

*Speaker, Coach, Author*



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**I work with busy people who want to be more successful,  
make better use of time and space, and get organized for good!**

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version, click [here](#).