



February 2015

FOCUS: The Power of ENGAGEMENT

I know it's February and you may be thinking, "Aahh – engagement! Isn't that sweet – getting engaged in February, the month of love and passion."

But I'm not talking about that kind of engagement. I want us to focus this month on the power of being "engaged" with the people right in front of us or the task staring us in the face. We live in such a state of distraction that sometimes it's hard to stay focused and engaged in the present.

Think about your habits and if any of them need replacing for this still "very young" New Year. Have you found your brain wandering to other tasks or other people when you are with friends, family or business associates? Do you postpone tasks and assignments you know you need to accomplish and wait until the last minute to begin? Sometimes we sabotage ourselves by then saying that we didn't have enough time to do a good job, that we could have done it better if only we'd had enough time.

For this month think of one particular person or one specific task that could really use your attention and focus. When you are with that person, listen intently and stay **fully engaged** in their concerns, their successes and their challenges. Work to not let your eyes wander or your fingers exit to your mobile devices. Stay in the present and engage with this special person, whether that be a spouse or significant other, a family member, a friend or business colleague. Ask your brain to give 100% of your undivided attention to this special someone. Do this behavior for the remainder of the days in February, placing a check mark on your calendar each day and see if this one change does not have a positive impact on that relationship.



As Stephen Stills says, "Love the one you're with."

Now pick a specific task you have been postponing for some time and decide that February is the month you will **fully engage** in this. It could be a large project you have put off waiting for a giant clearance on your calendar or for the holidays to pass or the football season to end. Ask yourself what is one action step you could take on this project. It might not be the first step; it could be a middle step. The important thing is to block out at least 60-90 minutes of uninterrupted time and get **fully engaged** in this task. Sometimes the hardest thing is just to start. So get started now; the year is still young and full of promise. It's only too late if we never begin!

Speaking of engagement, hats off to those of you who participated and were fully engaged in my VISION 2015 seminar! We had so much fun setting your direction for the year and getting you started on your BEST YEAR YET!!

Visit My Website - www.SueCrum.com

"Like" me on [Facebook!](#)

UPCOMING PUBLIC EVENTS:

Clear Your Clutter: Perish Procrastination

Thursday, Feb. 5
10:00 a.m. - 12 noon
Poway Adult School
Cost: \$29

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

A Night at the Library: A Celebration of Local Authors

Join **Sue Crum** and other local authors at this annual fundraiser event.

Friday, Feb. 6
6:00 - 9:00 p.m.
[Coronado Public Library](#)
Cost: \$50 donation - food, drinks, voucher for second-hand bookstore, silent auction.



Clear Your Clutter: Time Management

Wednesday, Feb. 25
10:00 a.m. - 12 noon
Poway Adult School
Cost: \$29

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

There were several folks who had asked me if I would be doing this again as the date had not worked with their calendars. After much thought, I've



decided to do the seminar on the first day of spring, Saturday, March 21. This Vision 2015 event is called SPRING into Action!

The Early Bird registration is now open with an investment of \$97 until 6 p.m. on March 8. This event is ideal for anyone who has been stuck getting on with more success in their

lives, more purpose and focus – in other words it's ideal for those who are looking for a clear path to reach their goals, for people who feel stuck or for those in transition. Reserve your space at www.SueCrum.com as seating is limited. The seminar is from 9:30 a.m. - 3:30 p.m.

FUN, FAMILY & FRIENDS

As I write this I am in Whistler, Canada, on a ski trip. As many of you know I love to ski and have been doing so since I left the flat lands and cold weather of Chicago, only to come to California and fall in love with mountain downhill skiing.

This past week I have had to be **fully engaged** when on the hill as the conditions here have been anything but perfect. It rained the first two days in town which made skiing not only impossible but downright dangerous. My husband and I managed to ski the last three days after the rain stopped, but I have to admit, some of my skiing wasn't very pretty! Once it rains on mountain snow there is so much moisture in the snow and then it freezes at night. Whistler/Blackcomb is close to the coast in British Columbia so the weather here is a bit unpredictable. Staying fully engaged and focused on what we were doing was paramount to our success for the week. The conditions changed from icy to slushy in a matter of minutes, and we had to be totally engaged in navigating the mountain.



Some sports do require total engagement and that's what I think attracts folks to different sports. One's mind can't be wandering here and there and everywhere, filling up with to-do lists and don't-want-to-do lists. Getting in the flow and in the zone can be a very meditative state.

Think of something you love doing and schedule time this month to get in the zone and do it. Going for a hike, a bike ride, a walk, a movie, a run, a swim, a lunch – just be **fully engaged** and enjoy the experience!

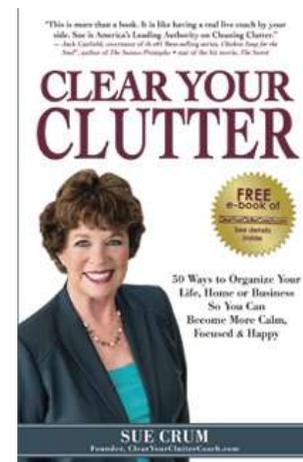
If you would like me to provide one of my presentations for your group, association or company, please contact me at 760.803.2786 or Sue@SueCrum.com.

SPECIAL OFFER

Because I LOVE what I do and and I LOVE Valentine's month, my SPECIAL OFFER for February is 14% off my 8 Session Phone Coaching Package!!

This month only!!

If you are interested in this special offer, please send me an email at Sue@SueCrum.com and put in the Subject Line: HELP! Tell me about your 14% off 8 Session Phone Coaching Program!



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.

FAVORITE QUOTES OF THE MONTH:

“Live in the moment...for it is the only moment we have...” – Stephen Richards

“The more choices we have, the greater the need for focus.” – Tom Butler-Bowdon

“The only way to do great work is to love what you do.” – Steve Jobs

“You can make more friends in two months by being interested in other people than you can in two years by trying to get people interested in you.” – Dale Carnegie



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](#)