



January 2016

FOCUS: THE POWER OF CHOICE

Happy NEW Year!

2016 - Picture a clean slate, a really white-whiteboard, a perfectly manicured lawn, or miles and miles of empty sandy beach (or perhaps untouched snow).



These are the images that I conjure up while contemplating the year ahead. What will it bring? Will I be different than the year before? Will the year bring more pleasure than pain? More fun than failure? More happiness than heartache?

I love new beginnings, but I'm old enough to realize that just because the calendar moved to a New Year nothing about me will be new unless I choose to change and improve. If you were like me, perhaps you were waiting in great anticipation for the end of 2015 and the beginning of 2016.



Now we are in it. Hope you didn't make any New Year's Resolutions because the

research doesn't support that these can be successful, so let those go right now - release them to the universe. Instead, let's think about change from the inside - the choices we make each and every day.

We live in a democracy and have so much control over the choices we make. As we look ahead to the vastness of 2016 with all its promise, let's agree to promise ourselves that we can control so much that happens to us.

If we want more happiness, let's appreciate the people and gifts that are already in our lives.

If we want more gratitude, let's keep a Gratitude Journal and record three things each night we are grateful for or start filling a Gratitude Jar each time we have a "win," however we define win.



If we want more time in 2016, let's keep a time log for a week and see where our time goes, since all of us get the same 168 hours each

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

at www.facebook.com/clearyourcluttercoach and start receiving inspiration and encouragement



Visit My Website - www.SueCrum.com

UPCOMING PUBLIC EVENTS:

**Radio Interview
Top Achievers Teleconference
with Melanie of
SucceedAchieveLead.com**

**Interviews Sue Crum
Sunday, January 10
6:00 - 6:30 p.m. PST
(7 p.m. MST, 7 p.m. CST, 9 p.m. EST)
Dial 641-715-3580
then enter code 819258#**

***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
Investment: \$10**

Click [here](#) and enter class #346 for more information and to register.

I am scheduling speaking presentations for March, 2016 and beyond 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.

week.

If we want less stuff in our lives, let's choose to release to the universe on a regular basis items that no longer make us happy and that others could use.

If we want to be healthier, let's choose one of the following to begin: keeping track of daily steps, recording food eaten in a daily food log, creating a routine with an accountability partner to meet at the gym or go for a power walk.

If we want to grow our business or start a business, choose to schedule time on one's calendar to explore, interview, evaluate and decide if that is for you.

If we want to meet a partner for 2016, let go of the fact that he or she will be ringing the doorbell before Super Bowl Sunday and come up with an action plan to be out in the world where we can meet new people on a regular basis.



We don't have to declare for 2016 that we are going to save the world or run for president of the United States. All of us have choices we can make moving forward, yet our small, smart choices can have enormous impact for ourselves and our families.

What choices can you make this month to get 2016 off to Your Best Year Yet?



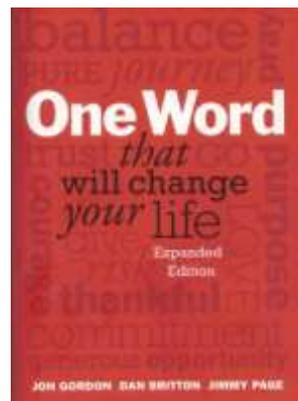
Please drop me a line at Sue@SueCrum.com and let me know what you have decided.

"If it is to be, it is up to me."

FUN, FAMILY & FRIENDS

I've mentioned before in this column the power of the little book, "One Word That Will Change Your Life." Instead of a list of lofty New Year's Resolutions, a lengthy list of goals for 2016, or a new mission statement for your company or organization, take a look at getoneword.com. You will be inspired to see the Power of One Word.

I have shared this approach with audiences as well as family members. One needs to sit quietly and not rush into selecting a word for the year, but rather



SAVE THE DATE

Saturday, February 13
9:00 - 9:45 a.m. PST
(10 MST, 11 CST, 12 EST)
Location: Your Home

ORGANIZE YOUR CLOSET with LOVE Tele-Seminar

All you need is a phone!

You will

1. Find what and when you want to.
2. Create breathing space for your closet and you!
3. Release to the universe items that don't make you happy.

FAVORITE QUOTES OF THE MONTH:

"There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them."

- Denis Waitley



Denis Waitley, best selling author of the audio series *The Psychology of Winning* and Sue at recent event.

"One's philosophy is not best expressed in words; it is expressed in the choices one makes...and the choices we make are ultimately our responsibility."

- Eleanor Roosevelt

"Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life."

reflect on who you are, where you are heading, and what word can serve as a compass to guide you through the rocky waters of life as well as the accolades.

Printing the word on a small rock or a 3 x 5 card to read daily can keep one inspired and serves as a foundation for everything you want to build from there. My word last year was "RELEASE" and it served as my anchor through the peaks and valleys of 2015.



After thought and reflection my word for 2016 is "GIVING." A couple of family members have selected "HEALTH" and "STRENGTH." Others are still deciding and will have their word by the end of the month.

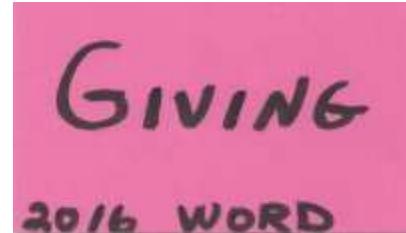
Take a look at the getoneword.com website or find your way to this treasure of a book, "One Word that Will Change Your Life" and CHOOSE.

I would love hearing what your word for the year is at Sue@SueCrum.com.

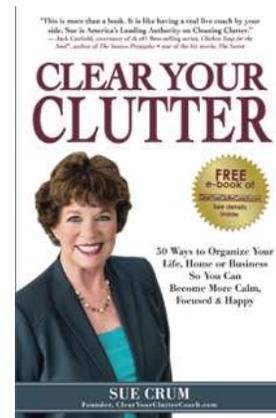


Because almost everything - all external expectations, all pride, or fear of embarrassment or failure - these things just fall away in the face of death, leaving only what is truly important."
- Steve Jobs

SPECIAL OFFER



Since my word this year is "GIVING," I want to **give away** to THREE READERS an autographed copy of my book, "Clear Your Clutter: 50 Ways to Organize Your Life, Home or Business So You Can Become More Calm, Focused & Happy."



Simply drop me an email by **JANUARY 15** and put in the subject line - "Yes, mail me a copy of your autographed book - My word for 2016 is _____" (You fill in the blank.) In the body of the email please put your best mailing address and tell me how you decided your word for 2016.

On the January 16 I will do a random drawing for the THREE WINNERS! Best of luck!

Sue Crum

Speaker, Coach, Author



America's Leading Authority on Clearing Clutter

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SueCrum.com

ClearYourClutterCoach.com

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

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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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