

RED Hot eTips

for energized and efficient people

July 2015

FOCUS: The Power of RELAXING

As I write this on the last day of June it is raining outside my window, with a little bit of thunder mixed in as well. For those of you outside of Southern California this may not seem so strange but to those of us who live here it is very unusual. It is written that we have a designated rainy season, commencing about November 1 and ending around April 15. Today's mini-storm did not get that memo.

I, for one, have enjoyed the change of weather, bringing me back to growing up in Illinois with summers in Illinois, Michigan or Wisconsin. Rainy afternoons brought with us some indoor time for reading, relaxing, playing card games or just enjoying one another's company.

It was a time to actually sit still, and it got me to thinking that many of us have lost that art. We get into going to and fro and fro and to; we can run ourselves ragged doing all that. The art of just relaxing gets lost sometimes in our schedules and commitments.

How about we declare the month of July as Freedom Month, a time to gain a bit more freedom from our commitments, our schedules, and our "must-do's"? Can we commit to a bit more relaxing, reflecting and re-connecting with ourselves, our families and our friends?



For the next three - four weeks how about reading some books at the beach or just watching the waves?

How about a picnic in the park or just a walk in the park?

How about a calendar where the absolute minimum gets scheduled?

How about a game of cards with friends or yourself?

Time is the one equalizer for all of us.

Make July YOUR time for some **freedom, fun, reclining and relaxing!**

I'd love to hear what you did this month of Freedom and how you were able to relax. Send your email to Sue@SueCrum.com.

FUN, FAMILY & FRIENDS

Set sail to the wind.

Slather on some sunscreen.



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www.SueCrum.com

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UPCOMING PUBLIC EVENTS:

I'm not doing any public presentations this month. I'm either with private clients or relaxing at the beach with a great book!

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!!



Sit in the shade of the ol' oak tree.

Be still and breathe in this moment of summer.

Relax, recuperate and re-create the Time of Your Life!

Make it a **Magical Month - Enjoy!**



FAVORITE QUOTES OF THE MONTH:

“Love this moment, and the energy of this moment will spread beyond all boundaries.” - Corita Kent

“Stop every now and then. Just stop and enjoy. Take a deep breath. Relax and take in the abundance of life.” - Unknown

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.

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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](#)