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June 2014

FOCUS: The Power of Momentum - Keep "It" Moving



Jump for Joy – it's June!

For many of us June brings up memories of summers past or the possibilities of making this summer super special. June is like a blank whiteboard, just waiting to be filled in with delicious delights.

But before we go off tiptoeing through the tulips, were there some activities, projects (work-related or personal) or some tasks you told yourself you would complete **before** summer? Well, now's the time to look over that list and get a status of those. Get out your calendar/planner, walk out into the fresh air and take time for creative thought and planning.

When the month of June ends, half of 2014 will be behind us. The second quarter of the year will be over and it's important to do a bit of reflection to see if we are where we wanted to be at the halfway mark. If you've been reading my etips for a while, having written goals with specific dates of accomplishment is something I've talked about before, so see if you are on track with those S.M.A.R.T. goals. If you've recently joined the conversation of wanting to be more energized and efficient, it's never too late to write down specific goals for the rest of 2014. But we shouldn't stop there. We have to take those goals, break them down into "next step" activities and **schedule them on our calendars**, just like our dentist appointments!

Don't despair if you haven't started on specific plans for the year. Whatever you decide, just don't wait until New Year's to begin what you envisioned accomplishing in 2014.

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

FUN, FAMILY & FRIENDS:

Continuing our momentum theme for June, it's not only important to keep our dreams, goals and projects moving forward, it's essential for us as **humans to keep moving**. The research continues to be so strong about what happens with a sedentary lifestyle. Even if we are getting regular moderate exercise or even vigorous exercise, it is not enough, if the rest of our time is spent sitting at a desk, in a chair, or on the couch.



The Centers for Disease Control and Prevention, along with other researchers, suggest that switching even a half-hour of sitting for activity will help.

UPCOMING SPEAKING PRESENTATION:

Presented by Sue Crum

Paper Pile-up: Where to Begin

Thursday, June 19, 2014

1:00 - 3:00 p.m.
Oasis Mission Valley,
Macy's 3rd floor

Cost: \$10

Click [here](#) to register and enter class #312

LAST MONTH'S SPECIAL OFFER WINNERS:

Hats off to the winners of our May contest! In our pursuit of happiness last month, I had a contest for the **FIRST FIVE PEOPLE** who contacted me with their list of 31 things they gathered for donations to agencies of their choice. Each **winner** will be receiving an autographed copy of **my new book**, *Clear Your Clutter: 50 Ways to Organize Your Life, Home, or Business so You Can Become More Calm, Focused, and Happy*.

Congratulations to the following: Angela B., Jim S., Paul F., Rebecca S., and Mindy H. The book should be available by July 4, 2014, and will be mailed to each of you. Special recognition to

If we continue to sit and sit, some of the poor health outcomes include increased incidence for diabetes, cardiovascular disease and mortality.

Health experts are suggesting exercising while watching TV, walking during work meetings and even using a stand-up desk or higher counter.

The 150 minutes a week of moderate activity the government suggests will make little to no impact, if the rest of the time we are sitting in our cars, on our couches, or in our chairs.

Let's make a pact to get out there and get moving.

Just start wherever you are, putting one foot in front of the other.

Let me know this month if you were able to keep "it" moving with your projects, your plans and your personal health.

I love to hear from you. Please drop me a line at Sue@suecrum.com.

FAVORITE QUOTES OF THE MONTH:

"I am a slow walker, but I never walk back." – Abraham Lincoln

"A dream is just a dream. A goal is a dream with a plan and a deadline." – Harvey Mackay

"Some succeed because they are destined to, but others succeed because they are determined to." – Unknown

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will."
– Vince Lombardi

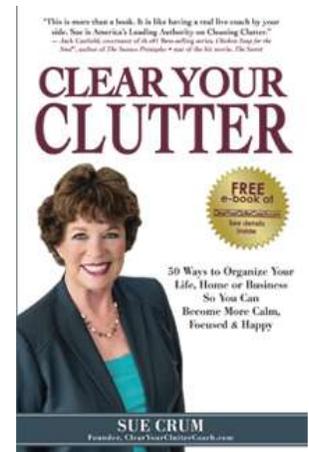


Sue Crum

Professional Organizing Coach and Speaker
Clearing Your Clutter to Set You Free

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

Angela who really focused on the specifics of her list and going above and beyond what I expected. She **will receive an additional gift of the CD set of the book**, so she can enjoy it from the comfort of her car. Hats off, Angela!



SPECIAL ANNOUNCEMENT:

My new book, *Clear Your Clutter: 50 Ways to Organize Your Life, Home, or Business so You Can Become More Calm, Focused, and Happy*, will be out this summer! Look for special notices about this and how you can get your copy. Stay tuned. Coming soon.