



May 2015

FOCUS: The Power to DISCONNECT (+RECONNECT)

We are in love with our tech toys.

In so many ways they do make our lives easier. We can communicate with people far and wide, making the world seem like a much smaller space. We are able to make much magic with our mobile devices in ways our parents and grandparents never could have imagined.

Whether it be our laptops, desktops, or hand-held devices, we love them so. Who could have imagined that something that fits in the palm of our hands could be an alarm clock, a calculator, a map, a newspaper, a book, a Rolodex, a boarding pass, a camera, and so much more?

And yet, these mobile marvels are seductive and addictive. We are sure the next text, voicemail or email is so important we convince ourselves of the need to be connected to the outside world 24/7. According to many scientists we are actually getting a dopamine rush from receiving texts.



We are checking our phones 150 times a day, often watching multiple screens, according to the 2013 Kleiner Perkins Caufield & Byers Internet Trends Report. In one study by OMD UK, a London-based media agency, that asked 200 people to record how many times they go between their laptops, mobile phones and such, it was 21 times an hour, switching between tech devices.

For students, Dr. Larry Rosen, psychology professor at Cal State-Dominguez Hills, found in his research that students focused on schoolwork for about three minutes before going over to a digital distraction. He believes for those with limited time to study, students are staying up later and not functioning as well because of stress.

Everyone today boasts about how busy they are, how they are suffering from overwhelm and overload. Make the month of May a time to sit back and look at the amount of digital distractions in your life. And yes, that can be a kind of clutter for many.

When our heads are buried in our screens, what message is that giving to those around us, especially our children and grandchildren?

Is it possible to pick one day a week for a tech time-out? Some CEOs are setting the example for this, like Dan Rollman, of RecordSetter.com. He's come up with a Sabbath Manifesto that includes a day of avoiding technology and commerce, giving back and getting outside.

Now there's a great thought - getting outside.

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www.SueCrum.com

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UPCOMING PUBLIC EVENTS:

Jump for Joy - It's June!

Has 2015 gotten off track for you? Can you believe the year will be half over on June 30? Are you still imagining your BEST YEAR YET but don't know how to get 2015 back on track for QUANTUM SUCCESS, PURPOSE and FULFILLMENT?

Mark your calendars NOW for **JUMP FOR JOY - IT'S JUNE!** and get your year back on track!

Saturday, June 6, 2015
9:30 a.m. - 3:30 p.m.
[Holiday Inn Express - Rancho Bernardo](#)

(lunch on your own, several restaurants within walking distance)

Investment: ~~\$147~~
Early Bird Registration: \$97! Seating is limited.
(Your Early Bird registration investment ends on May 31!)

It's time to get focused and get going on a specific pathway for achieving all that you've imagined and deserve in 2015.

Each participant will leave with a specific plan of action, S.M.A.R.T. goals outlined and a special



If you feel you can't let go for a day, how about a couple of hours?

Across the country it's the perfect time of year to get into nature or to take a hike, a picnic, a walk around the block, or a book into the backyard. Let the senses kick in and really listen to the birds sing, your own deep breaths or the conversations of those

you are with that day.

By disconnecting from these digital distractions, we'll be able to finish projects we've started or connect on a deeper level with those in our presence rather than those so far away.

Afraid your phone will take over and grab your focus? Tell yourself you are in charge of your life and take back control. If you think that won't work, put your phone under your pillow or in the console of your car, and be free to be you for an afternoon or a day.

I'd love to hear how you did with this month's focus.

Drop me a note at Sue@SueCrum.com and let me know what you accomplished by disconnecting for a bit and who you connected to more closely.

FUN, FAMILY & FRIENDS

What better day to go cold turkey with our tech toys than Mother's Day!



My mother, and my mother with my daughter:

Always held the



second Sunday in May, this event was created by Anna Jarvis to memorialize her mother, and it became a national holiday in 1914 when President Woodrow Wilson signed it into law. Anna wanted the day to be written as a singular possessive, Mother's Day, so people would recognize their own mothers. But today it is written both in the singular as well as the plural.

The emphasis of this special day was to recognize the role that one's own mother has made in the child's life, regardless of the age of that child. Anna hated the commercialism that overtook the holiday and really hoped for people to **make** a card or write a letter to their own mothers, or **spend time**

vision board unique to that person's passion and purpose.

The next 3 to register this month will each receive an autographed copy of "Clear Your Clutter: 50 Ways to Organize Your Life, Home or Business So You Can Become More Calm, Focused & Happy."

[REGISTER TODAY](#) for a much better TOMORROW!!

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.

SPECIAL OFFER:

In honor of Mother's Day on May 10 - I'm offering a 10% discount for anyone who is a mother or for anyone investing in helping a mother de-clutter and get more organized this summer!

Call 760.803.2786 and ask about virtual phone organizing or hands-on organizing for the mothers in your life. Or drop an email to Sue@SueCrum.com and put in the subject line: "Tell me more about the 10% discount for May for mothers."

CLEAR YOUR

with them.

If you are lucky enough to have your mother still in your life, and can make time to spend with her, that would be the greatest gift. Time is such a limited resource. Giving the gift of your time and focused attention on her could become her favorite gift.

Our presence with another can be the greatest present.

FAVORITE QUOTES OF THE MONTH:

"Love the one you're with." - Stephen Stills

"Successful people maintain a positive focus in life no matter what is going on around them. They stay focused on their past successes rather than their past failures, and on the next action steps they need to take to get them closer to the fulfillment of their goals rather than all the other distractions that life presents to them." - Jack Canfield



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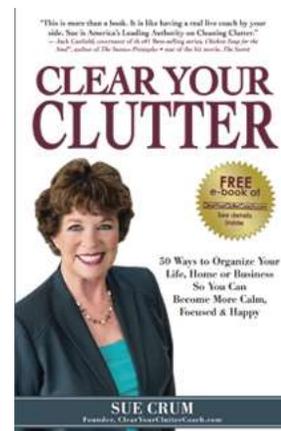
I help busy people turn their house into a home, make better use of time and space and get organized for good.

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

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CLUTTER:

I am so excited that my book reached #1 International Best Seller and #1 Hottest New Releases!!



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.

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