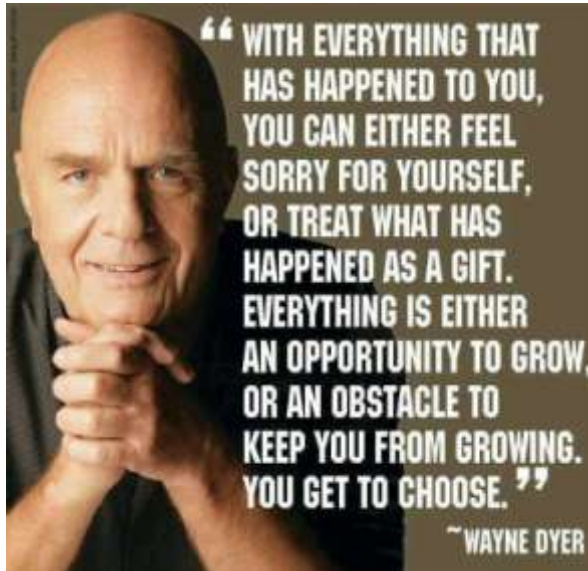


RED Hot eTips

for energized and efficient people

November 2015



FOCUS: The Power of DR. WAYNE DYER'S WORDS

On August 29, 2015, the world lost a wonderful human being, Dr. Wayne Dyer. Some of you have heard of him, read his books, or heard him speak, either live or on PBS television. He was an internationally-renowned speaker and author, especially in the field of self-development. He was a prolific writer of over 40 books, which included 21 *New York Times*

bestsellers.

Often in November I write about the Power of Gratitude, but with the passing of Wayne Dyer so recently my focus is on how grateful I am to have read his books, watched his television specials on PBS, and strived to absorb his wonderful words of wisdom.

What some folks may or may not know is Wayne grew up in orphanages and foster homes and had many obstacles to overcome along life's journey. He firmly believed that every person has the potential to live an extraordinary life. He led by example, but he leaves behind so much of himself in his books, his recordings and his messages.

The list of his books is quite long. A few favorites of mine are *The Power of Intention*, *Your Erroneous Zones*, and *Change Your Thoughts, Change Your Life*. For more information about Wayne Dyer and his works, please visit, www.drwaynedyer.com.

Here are just some of the many quotes he has left with us:

"Our intention creates our reality."

"Anything you really want you can attain if you really go after it."

"Our lives are a sum total of the choices we have made."

"A great hallmark of mental wellness is the ability to be in the present moment fully and with no thought of being elsewhere."

"When I chased after money, I never had enough. When I got my life on purpose and focused on giving of myself and everything that arrived into my life, then I was prosperous."

"We only need so much to survive, but this world we live in tells us we

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UPCOMING PUBLIC EVENTS:

Paper Pile-Up: Where to Begin

Tuesday, November 10
1:00 - 3:00 p.m.
Oasis Mission Valley
Macy's 3rd Floor
Cost: \$10

Click [here](#) and enter class #345 for more information and to register.



Clear Your Clutter: Hands-On Paper Pile-Up

Wednesday, November 18
1:00 - 3:00 p.m.
Oasis Mission Valley
Macy's 3rd Floor
Cost: \$24
Limit: 12 people

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

Meet the Author Booth at Fall Festival

need more stuff to be happy. We're inundated with our televisions, the Internet and advertising that says in order to be happy you have to have these things. When you say, 'Gimme, gimme, gimme,' you will always be in short supply."

"You cannot be lonely if you like the person you are alone with."

"You are not stuck where you are unless you decide to be."

Do any of these quotes resonate with you?

If so, which ones? Maybe there are other quotes of his that you personally have enjoyed.

Drop me an email at Sue@SueCrum.com and let me know which of his quotes are your favorites and how are you able to apply them.

FUN, FAMILY & FRIENDS

Often, this time of year our thoughts turn to gratitude and counting our blessings. We reflect back over the year that is about to end and when we share what we are thankful for those positive feelings can impact us greatly. If we can continue those good feelings, not just during the holidays, but throughout the year we will reap many benefits. Robert A. Emmons, psychology professor and author of *Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity*, found that folks who kept a list of a few things they were grateful for each day actually had more energy and vitality and were less bothered by pain. They also slept 30 minutes more at night and exercised 33 percent more each week.

How was your 2015? Did it go smoothly, perfectly and effortlessly or were there some bumps along the road of life? If you responded there were bumps, I totally understand because I, too, had those as well.

As we get ready to put a bow on 2015 and send it into history, let's keep the gratitude habit in the forefront. Emmons stated that it's really during life's low points, when crises strike, that gratitude achieves its maximum power. Gratitude can bring us hope when faced with despair and can help provide us with a perspective that this is temporary when things are going badly.

As Dr. Wayne Dyer wrote in *The Power of Intention*, "You can't feel stressed and appreciative at the same time."

While my family is teeny tiny, I am so blessed to have them in my life. For me it's never been "the more the merrier"; it's been about quality, not quantity of family relationships. Making time for those I love and creating magical memories together doing things we love - that's what I'm grateful for, today and every day.

Standup Paddleboarding and it's NOVEMBER 2, 2015 - I'm so grateful:

Sunday, November 22
1:30 - 4:00 p.m.
ReadLocal.org Booth
Cost: Free

Visit [Encinitas Fall Festival](#) for more information.

I am scheduling my speaking presentations for 2016 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.

CLEAR YOUR 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 available on my website at www.SueCrum.com.

Just \$19.99, includes



tax, shipping and handling. Click [here](#) to order.

If you don't want an autographed copy, or you'd like the Kindle version, click [here](#).

Making Magical Memories! Gifts of Time are the BEST! The Darling Daughter and I and her dog, Woolly, after the three of us went paddle boarding:



Wishing each of you a wonderful Thanksgiving season!

Sue Crum

Speaker, Coach, Author



America's Leading Authority on Clearing Clutter

760.803.2786

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!**

the RED team | PO Box 1061 | Carlsbad, California 92018 United States (760) 803-2786