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November 2014

### FOCUS: The Power of GRATITUDE

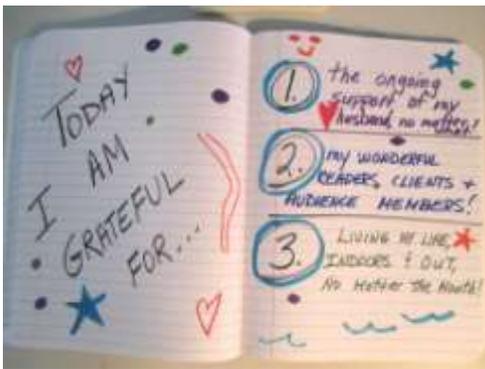
*"This nation will remain the land of the free only so long as it is the home of the brave." - Elmer Davis*

As I write this it is Veterans Day. It is time to pause and be grateful for the freedoms we have, and thank the people who have made sacrifices to keep us free. There is so much we have to be grateful for: a roof over our heads, some food for our bellies, a few friends we can count on, and maybe some family members we cherish deeply.

November is the perfect time to look around our home and see its abundance. If we've been complaining about our "stuff," such as closets bursting with too many clothes, perhaps we can schedule some short bursts of de-cluttering and get some items ready for donation to our favorite charities. This time of year they are looking for sweaters, coats and jackets, and heavier clothing, as the nights (even in Southern California) get quite cool.

November is also the ideal time to clean out our pantries, freezers and refrigerators. Take a look at what's in those spaces and see if some simple de-cluttering could help add some calm to your holiday season, long before Thanksgiving.

November is the best time of year to recognize others who have played such a significant role in our lives this past year or years. They probably don't need nor expect gifts of "things" from us, but rather would relish in "gifts of time" instead. Think about gifts of experiences, ones with you if that's appropriate or gifts of experiences they would enjoy themselves.



Have you ever kept a Gratitude Journal? This simple activity can have a profound impact on your emotional health. Right before going to bed or first thing in the morning, write down three things special about that day. You do not need a "fancy-dancy" expensive journal. This can be done in a steno notebook or other

notebook you have at your home. Look around – I bet there's one there somewhere. I like to do this at night, reflecting on the finished day. For others they prefer first thing in the morning. The time of day is not as important as the habit and consistency. There's no perfect time to start, except now.

From now until the start of a new year many of us will be traveling. Throughout airports, train stations, and gas stops there will be many

### SPECIAL OFFER:

For 11.11 – 11% Discount off of my **Special Six Coaching Program**



### VIRTUAL PHONE COACHING

- 6 phone coaching calls with Sue
- Email support in between calls
- Signed copy of Sue's new book, *Clear Your Clutter, 50 Ways to Organize Your Life, Home or Business so You Can Become More Calm, Focused & Happy*
- Daily De-cluttering Tips Quote Card of Sue's own most popular quotes
- Reminder band to keep focused
- Timer
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**ALL** of the above for the mere investment of \$347.

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**This offer is available for the first 11 people who are ready to finish the 50 days of 2014 strong!!**

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military members working to get home to their families or on to their next destination. Let's remember to thank them for their service when we see them or any other veterans.



### **FUN, FAMILY & FRIENDS:**

*"No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude."  
– Alfred North Whitehead*

Last Thursday was the book signing party for my new book, *Clear Your Clutter: 50 Ways to Organize Your Life, Home, or Business So You Can Become More Calm, Focused & Happy*. As many of you know it's been a long journey from dream to ideas, to words and sentences, on to chapters and front matter and back matter. Then, getting it across the finish line! Many times the "getting it across the finish line" was much more difficult than the actual writing of the book. But, at last, it's here!

I am grateful to so many who helped with this journey. Here are just some: Jack, James and Elizabeth, Andrea, Jill and Dawn. Also, thanks to all the folks who took time out from their busy schedules to read the draft copy and write testimonials for the book, and to my patient clients, audience participants and you, readers of the etips news! Thank you from the bottom of my heart.



I know that many of you live too far away to have attended the book signing or you live closer but other commitments prevented you from attending. I certainly understand. Special thanks to clients and audience participants who were able to attend, such as Mary, Carolyn, Harry, Deanna, Michael, Bonnita, Mimi, Angela and others. Folks from San Clemente to the north all the way to Chula Vista and La Mesa to the south and towns in between came for fun, food and door prizes!

and put in the Subject Line: I want the 11% Special Six Coaching Offer.

Or call Sue at 760.803.2786 and request a complimentary needs assessment to get started.

### **UPCOMING PUBLIC SPEAKING PRESENTATIONS:**

#### ***Declutter Your Life for Better Productivity and Focus***

**Nov. 18, 2014**  
10:00 a.m. - 11:30 a.m.  
Poway Adult School  
**Cost: \$29**  
Click [here](#) for more information and to register.

*If you would like me to provide one of my presentations for your group, association or company, please contact me at [Sue@SueCrum.com](mailto:Sue@SueCrum.com) or 760.803.2786.*

### **FAVORITE QUOTES OF THE MONTH:**



**"The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude."** – Jeff Miller

**"Be grateful for the home you have, knowing that at this moment all you have is all you need."** – Sarah Ban Breathnach

**"Develop an attitude of**

This month as you plan and prepare for Thanksgiving, take a deep breath and relish in the friendship and fellowship with others. May your holiday experiences bring you joy, pleasure and gratitude for the bounties of this past year.

I am sincerely grateful for the ongoing support of my husband, Robert, every year, but especially these past 12 months. He is my rock, the "wind beneath my wings."



**gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation." – Brian Tracy**



*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**

**760.803.2786**

**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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