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SPECIAL OFFER:

The **first three people** to send me an email with something they have simplified in their life, home or environment will receive a complimentary, 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, & Happy*. Email me at Sue@SueCrum.com.

September 2014

FOCUS: The Power of SIMPLICITY - Fall Back Home

As our days get shorter and our nights start earlier, it's time to shift our attention from the outdoors back inside to our environments, our homes and our work spaces. We continue to live in an Age of Distraction with too many decisions to make because of information overload. This month let's take a look at what we could simplify in our lives and in our environment to create more calm and less chaos.



In last month's etips I talked about the power of creating a S.Y.S.T.E.M. in some of your daily activities (saving yourself some time, energy and money). If you haven't had a chance to put some new systems in place, now is a good time to revisit that.

We often feel on overwhelm because we are overloaded with too many choices, too many distractions, too many shiny objects that say "buy me," "try me," or "get this today and your life will be great."

Instead of those things bringing us pleasure we often become burdened by them, leading to overwhelm, as we find these new items cluttering up our lives and homes.

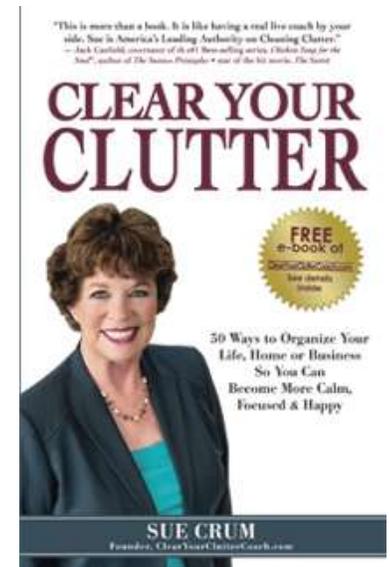
This month what could you simplify that could lead to more calm and happiness for you? What could you eliminate from your world that really isn't all that essential? What is clogging up your life and environments? What have you made so complicated that it is no longer bringing you joy and happiness?

By September 23 there will be only 100 days left in 2014. What goals did you set last January and are you on track to finish the year with those complete? If not, in what ways could you simplify some routines so you could get those projects, goals and aspirations kicked into high gear so 2014 finishes strong for you?

Even small steps are a great beginning.

FUN, FAMILY & FRIENDS:

For many across the country this is the time of year when fun, family and friends means FOOTBALL! That certainly is the case at our house. While I really don't follow pro football that much, I have become a big college football fan. Over recent years I've actually started to understand the game. I find so many similarities between football and daily living. Sometimes we have a big goal (like making a touchdown) but it's not that easy to throw the ball all the way down the field.



UPCOMING PUBLIC SPEAKING PRESENTATIONS:

Declutter Your Mind: Free Up Mental Space

Sept. 10, 2014
6:30 - 8:00 p.m.
Poway Adult School

Players have to execute smaller plays and just keep the ball moving **toward** the goal line. How this applies for us is we shouldn't give up on our big goals; instead, we should think what small steps could we take to move the project, the dream, the goal forward? How can we keep "it" moving, whatever the "it" is for us.

So the countdown to 100 days of 2014 begins September 23. What fun, family or friends activities can you put in place for a strong finish to the year?

Let me know. I love hearing your success stories, no matter if they are small or big. Send those to me at Sue@SueCrum.com and your success might be mentioned in a future etips.



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!*

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 or 760.803.2786.

FAVORITE QUOTES OF THE MONTH:

"The greatest step toward a life of simplicity is to learn to let go." - Steve Maraboli

"Our life is frittered away by detail. Simplify, simplify." - Henry David Thoreau

"Life is really simple, but we insist on making it complicated." - Confucius

"It's not a daily increase, but a daily decrease. Hack away at the unessentials." - Bruce Lee