
JANUARY 2023

Squared Away Today



As we ring in the new year, one tends to reflect...What's working? What isn't? What do we want to keep? What no longer serves us and needs to go? This is the perfect time to decide how you want to shape your life for the next 12 months. Resolutions? Maybe...or perhaps time to tackle a few tasks that have been weighing us down.

UCLA studied 32 middle-class, dual-income families in LA for four years and found that 75% of garages had no room to store a car. The typical chaotic garage had 300 to 650 boxes, storage bins and other items (YIKES...is this you?). It is estimated there is a 30% increase in a family's possessions during the preschool years for each new child born. All this clutter raises a mother's stress hormones, especially toward the end of the day. (The Stuff of Families, WSJ, 7/6/12)

Are you ready to tackle, even a small task, to make 2023 'lighter' year? Read on for tips, resources and inspiration.

Warmest regards,
Steph
CEO Squared Away Today



"Set peace as your highest goal and organize your life around it." ~ Brian Tracy



Client Perspective...

~S.B.

This time of year is usually hard for me yet there was something about you coming in saying it was OK to let things go. My whole mindset has shifted. I got the house in order and am content with what we have. Now we are going out enjoying life and not getting weighed down with stuff.

For the longest time, I would buy things for the kids to make up for what I wasn't able to physically do with them. I thought buying things showed them I loved them (even though I love them with my whole heart). I can now go to the gift shop and not buy something.

I feel so much better. This is usually the time of year I get very depressed, yet I am not depressed or feeling sick at all! I feel so wonderful. A friend joined me for lunch today. Before I would close doors before anyone came in. Now, I leave every door open and I'm happy to show them, 'the house feels so much cleaner and 'lighter'. I showed her around the house, and I was SO PROUD!

5 QUICK TIPS

Things to do RIGHT NOW to create PEACEFUL NEW YEAR

Dare to Imagine

Have an image (in your mind or a picture) of how you want the space to look when organized. Consider the many benefits of this space being organized.

Create a Plan

Create plan, including a completion date. Place it someplace you will see every day.

Sort, purge & return items in an organized fashion. Buy organizing

Be Accountable

Tell someone. We are more accountable when we tell someone our plan.

Time Management

Make a commitment to spend 10 minutes a day (or more) on one specific task. Schedule the session on your phone or day planner. Set a timer and begin.

Document

Take Before and After pictures. This helps see what a difference tidying one area can make and evidence of your hard work!



RESOURCE SPOTLIGHT

This is a great time to clean out your medications, both over the counter & prescription. Once expired, some medications lose effectiveness while others should not be used at all. Your pharmacist can advise you. Another great resource is the FDA. The link below will help you navigate disposal, what you can flush, cannot flush and answer frequently asked questions.

<https://www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know>