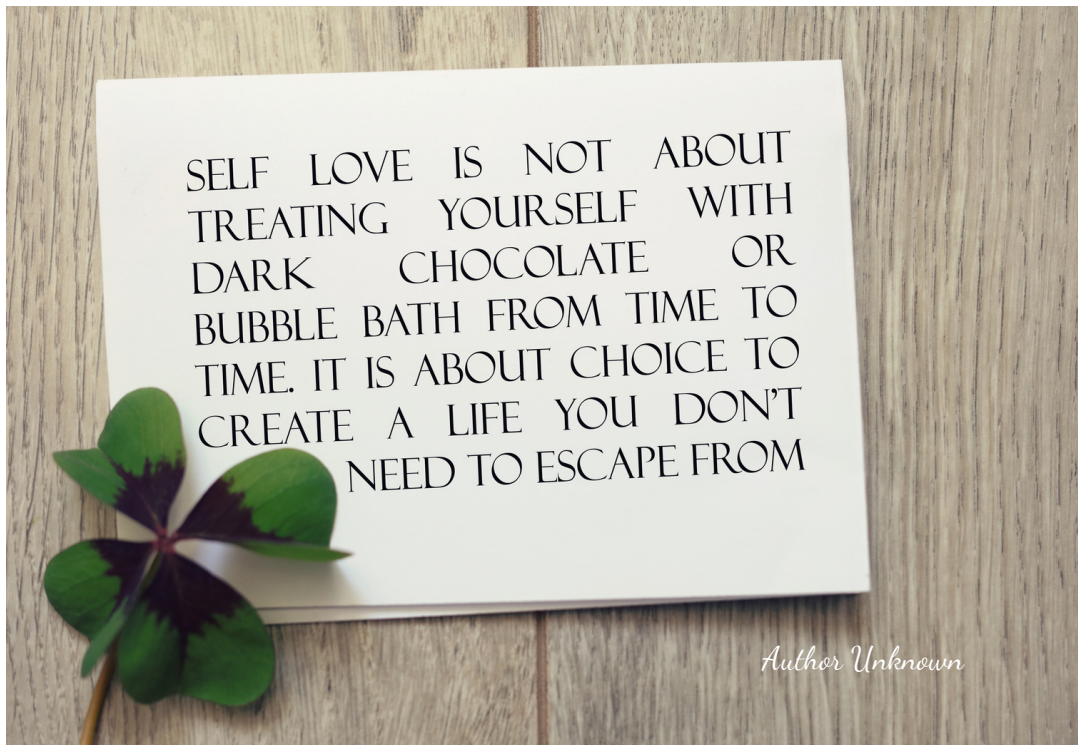


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FEBRUARY 2023

# *Squared Away Today*



We hear a lot about self-love, yet the definition is elusive. I love this quote as it expands the concept of self-love to include our entire life, one important aspect of which is our home. Home is not just a physical place. It is also a mindset; how we feel once we land there after a long day, especially if it has been a challenging one. This is one of the many reasons it is so important to create a home we love, a space that feels, cozy to each of us. You may rent a room or own a multi-million dollar home. Size is not what is important. How it makes you 'feel' is. In a study done by the Soap and Detergent Association, they found reducing clutter reduces housework by 40%. Who isn't excited by less housework?? Winter is a time when many of us spend more time indoors and a great time to give our home some love. Read on to find inspiration, tips, and resources to help you create a space YOU love in a place you call home.

Much love,

*Steph*  
*CEO Squared Away Today*

*"Just because something fits in your home, doesn't mean it belongs."  
~ Alejandra Costello*



## Food for Thought...

~Elder Marvin J. Ashton

*"Home should be an anchor, a port in a storm, a refuge, a happy place in which to dwell, a place where we are loved and where we can love."*



# 5 QUICK TIPS

## Things to do RIGHT NOW to LOVE your HOME.

### Declutter

Put things back in their home. Take 5 minutes (set a timer) and put everything you can back where it belongs.

### Clean

Another 5 minute job...put dishes in the dishwasher, throw all trash away, sweep the floor, wipe the counters. Set a timer and do one area each day where you spend a lot of time (kitchen, living room, bedroom). If you have kids, make a game out of it.

### Color

What makes you feel good? A neutral color palette or vibrant colors? Studies show color matters. Take time to think about what you like & if you can, paint. It gives your space a beautiful facelift. Can't paint? Wipe all the surfaces you can (counters, woodworks, doors, even walls!). Dirt gets in the most unexpected places.

### Décor

Do you like an assortment of sentimental, or eclectic items surrounding you or do you prefer items that in a theme that go? Look around and see what you really want around you and take the rest down and put it in a box to donate, recycle, or trash. Even if you can't give it away, box it up and label it. It doesn't have to be displayed.

### Lighting

Some like bright lights, while others prefer dim. Assess what you like and create it. If you want more natural light, clean your windows and screens (a light brush and dish soap with a good rinse will do wonders). Check the wattage of your light bulbs. There are many varieties to choose from. Find the one that gives you the light you want and make an investment.

## 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>