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OCTOBER 2023

# *Squared Away Today*



*The trees are about to show  
us how lovely it is to let  
things go.*

Author Unknown

Autumn is a perfect time to make changes in our lives. Just as a tree releases its leaves to allow new growth, we also have the chance to let go of what no longer serves us. Hanging onto clothes you had when you were younger & thinner (and may or may not ever fit again)? **LET THEM GO.** Treat yourself to new ones that flatter the body you have now. Holding onto gifts you were given because you feel about guilty getting rid of them? **LET THEM GO.** Donate them so someone else can enjoy them. Keeping mementos from a past relationship or phase of your life which has nothing to do with the life you have or want to create? **LET THEM GO.** Make room for things that will bring you joy in the life you are living or the life you want to build. What will YOU shed this fall? Please send us a picture or a message and let us know. We will celebrate your decision to **LET THEM GO!**

*Steph*  
*CEO Squared Away Today*

*"Sometimes letting things go is an act of far greater power than defending or hanging on." – Eckhart Tolle*



## Food for Thought...

~Marie Kondo

"Every object has a different role to play. Not all clothes have come to you to be worn threadbare. It is the same with people. Not every person you meet in your life will become a close friend or lover. Some you will find hard to get along with or impossible to like. But these people, too, teach you the precious lesson of who you DO like, so that you will appreciate those special people even more. When you come across something that you cannot part with, think carefully about its true purpose in your life. You'll be surprised at how many of the things you possess have already fulfilled their role. By acknowledging their contribution and letting them go with gratitude, you will be able to truly put the things you own, and your life in order. In the end, all that will remain are the things that you really treasure."

## 5 QUICK TIPS

Things you can do **RIGHT NOW**  
to **LET THINGS GO!!**

### **Release things that cause you negative feelings.**

Pictures or mementos of failed relationships, clothes that you spent too much money on or don't wear, cooking utensils that don't do a good job? Put them in a bag to donate, recycle or throw away.

### **Distance yourself.**

Unsure if you want to keep items? Put them in a box and put it out of sight. If you haven't thought about it in 6 months or a year you don't care enough to keep it.

### **Assess the value of what you are keeping.**

Do you have a supply of Beanie Babies or vintage clothes? Look up the true value. They may not be worth what you thought or worth holding onto at all. If not, sell them or donate them to a good cause.

### **Ask yourself, "Am I REALLY going to fix it?"**

If you haven't yet, you probably never will. Bye Bye broken item.

### **Be realistic.**

"But I might need it someday." How many times have you said that? If you don't currently use it, you probably never will. Let it go....



Sweaters too small?

**LET IT GO!!**

## *RESOURCE SPOTLIGHT-H&M TEXTILE RECYCLING*

Do you have torn, stained or out of date clothing? Bring these items to an H & M near you. A 2 bag max. per person gets you a 15% off voucher. In 2023, H&M launched Looper Textile Co., a joint venture with garment collecting partner, Remondis. The company collects used and unwanted textiles

from stores and other sources then sorts the items according to the EU waste hierarchy, for example, recycling and reuse. To learn more, please visit: [https://www2.hm.com/en\\_us/women/campaigns/16r-garment-collecting.html](https://www2.hm.com/en_us/women/campaigns/16r-garment-collecting.html)