
NOVEMBER 2023

Squared Away Today



November is a month we associate with giving thanks and appreciation rather than focus on what we wish we had. Throughout my life I've tried to 'focus on what I want more of....good behavior from my children, better health, happiness for my friends and family and planning our next adventure. By focusing on what we appreciate, it brings more positivity to our lives. Recently, I read a quote by Jen Sincero. She said, "What comes out of your mouth comes into your life." Do your words speak of joy or appreciation? What are you bringing into the world with your words? Can you commit to using your words to express thanks and appreciation daily instead of only during the holiday season?

At Squared Away Today, we help people let go of items that no longer bring them joy and help them gain the ability to focus on what they DO want in their lives. Those discarded items can then bring happiness to others. Spread the JOY!!

Steph
CEO Squared Away Today

Trade your expectations for appreciation and the world changes instantly. ~Tony Robbins



Food for Thought...

~Sally Nichols

Sally and her new friend, Carole, enjoying a beautiful day outside at The Lodge at Historic Lewes.

Squared Away Today is like no other! I had been praying about what to do & when I met Stephanie when she gave a presentation to our church group and said she was from Lewes, I know my prayers had been answered! Such a relief! Her team was kind, efficient and made the move process so easy! Good job!

5 QUICK TIPS

Things you can do **RIGHT NOW** to **SHOW APPRECIATION!!**

1. **Compliment someone.**
2. **Spend TIME with someone.**
3. **Write a note of appreciation (by hand or by text).**
4. **Do something your partner, child or friend enjoys simply to experience his or her joy.**
5. **Say THANK YOU and include by you appreciate what he or she did.**
6. **Help out-cleaning, picking up the kids, doing the dishes.....**
7. **Give your older relatives your time. It's what they cherish more than anything else.**
8. **Volunteer for your favorite organization.**
9. **Give flowers, from your garden or florist.**
10. **Give 30 second hugs. Good for the mind, body and spirit!**



RESOURCE SPOTLIGHT

Animal shelters are organizations that can use many of the items we are purging from our homes. They can use more than dog related items such as toys, beds, food, etc. They are also in need of office supplies, cleaning supplies and paper products. If you have old blankets, towels, bedding,

with stains or t-shirts that you think are no longer of use, drop them off at the animal shelter. They will be shared with other shelters if they have too much. To learn more, please visit: <https://www.humaneanimalpartners.org> for more info and wishlist link.