

Organizing Round-Up

Volume 4, Issue 1, Jan - March 2004

A Little Something For Everyone

Brought to you by



Instant Gratification is out...Life Change is IN!

By Susie Glennan

Someone recently brought it to my attention that this would be the LAST New Year I get to celebrate under the age of 40. Wasn't that nice? {smile} She then added what I interpreted to be the fact that I never follow through with consistent exercise. Now mind you she was talking about herself. But alas, I'm in a similar boat. While she spoke of needing to lose weight, my issue is that I need to get into better physical shape. I'm very petite, but have no strength throughout my body due to an injury from a car accident years ago. So the advice I gave her:

Life change! {smile} What happens to most of us is that we continue on a ritual of losing weight (or changing anything we deem necessary) with an end result in mind. We shouldn't be focusing on an end result, but rather a better life. And we can't have that better life if we're bobbing up and down on the weight scale (or in our other undesirable habits).

Instead we should be thinking, "Life Change!" If you change the way you live your life in the area that bothers you, it then becomes a habit. Then the yearning for the moment you'll allow yourself to have the Ben and Jerry's ice cream will change from a moment to an occasional bite from the tub because your daily habit is healthy eating. So of course it won't hurt to nibble from the tub now and again.

Does this make sense? We have expectations that have almost been learned behavior from the beginning of our lives. One is; Diet, lose the weight we want, "EAT CAKE!" or in my case, "EAT ICE CREAM!"

Follow me for a moment as I go back in time when a woman came to my house for our children's play date. When it was time to pick up the toys, I did what I usually did and said, "Clean up time. Everyone find the bin your toys go into and put them away." The visiting child started to throw "toys" and a fit! He didn't want to leave and he certainly didn't want to clean up.

There Are Never... - Continued on page 3

The Family That Declutters Together Grows Together.

(Excerpt from Stop Clutter From Wrecking Your Life)

By Mike Nelson

Cluttering isn't just the kid's problem. It's the whole family's. So are the solutions. The New Year is a great time to start making some real changes in your family dynamics regarding cluttering. Don't just make resolutions. Make lasting changes. Besides traditional organizing techniques, incorporate spiritual tools into your decluttering model. Visualizations, meditations focusing on your intentions for a clutter-free environment help you to remain focused.

Are You, Your Spouse or Both Training Your Kids To Clutter?

If the parent(s) clutter, it's going to be a challenge to teach their kids to not-clutter. They look up to you. They imitate you. They are also innately smart. If their role models haven't been able to figure out how to not-clutter, then how can they?

"Every time we are able to see a little more clearly what our own issues are and where they come from, we have the possibility of choosing not to react in automatic and often destructive ways, and creating new and healthier possibilities instead." – Myla and Jon Kabat-Zinn, from *Everyday Blessings, The Inner Work of Mindful Parenting*.

We clutterers didn't get this way overnight. We won't get decluttered in a few weeks, or even a few months. Slow and sure wins this race. Think "turtle" instead of "hare." "Why" is more important than "how-to."

Dr. Michael Bradley, author of *Yes, Your Teen Is Crazy* and *Yes, Your Parents Are Crazy!*, told me this in response to what parents can do to teach children to learn to not-clutter, if they, or their spouses, are clutterers. He relates the challenge of cluttering parents telling their children to not do something they see their parents doing to talking honestly with them about their own difficulties in changing unwanted habits.

"It's like apparently not being able to stop smoking. The parents can say that they struggle with it and about the prices they pay. The parent is imperfect and is struggling to get better. Parents could talk about the pain involved. Hopeless helpless feeling and kids will relate to that. Cluttering is a pseudo-addiction. Breaking that habit is very difficult."

The Family That Declutters... - Continued on page 3

Three Steps To Effective Gift Giving

By Krisann Blair

Start Early

"In my notebook gifts take up the most room! I have a separate divider for Gift List, Gift Box, Gifts to Buy, Gift Ideas, Gifts for Me (so I know what to tell others to get me when they ask), Gifts to Make. Gifts play an important role in our holidays and by planning ahead and organizing I can make it not be so time consuming during the holiday season or put me into debt for the next 10 years! If you make gifts or cook food for people it is even more important that you have a plan. This page gives you some details about your gift section in your notebook. "

Gift List - Write Down Everyone!

While you probably could never buy for everyone you would like to still write them down. After you do that then go back and assign everyone a letter. A=must give, B=really want to give, C=want to give, and D= will give if I can. You can use more letters or other classifications to suit your needs. At least this way you have a plan and do not put a D person before an A person. You will then need to make other pages dividing everyone into some sort of groups with the following columns: Name, gift ideas, gift purchased, wrapped, date to give/mail, given/mailed. Some of these can be marked with a yes as you do them. This helps you know what you have done and what you have left.

Gift Box - Get all those gifts in one place!

I am very guilty of buying gifts for people all throughout the year and forgetting about them until after Christmas. So I now have a gift box. Decorate it with wrapping paper and keep all of your purchases in there. Keep a piece of paper taped to the outside along with a pen and write down everything in the box. Mark things off your list when you assign them to someone or you take them out and of course write down new additions to the box. Use sticky notes to tag the gifts when they are assigned so you can have one wrapping day but still know who's gift is who's. Remember to mark it on your gift list before you put anything new into your gift box.

Gift Ideas - for everyone including yourself!

Keep a page just for gift ideas. If you see something at the craft sale that your best friend would love but you want to try to make it - write it down. When your husband says something in passing about a tool he could really use but doesn't want to spend the money on right now - write it down and surprise him at

Three Steps... - Continued on next column

Christmas. Some people you know exactly what to give them but others you may have a harder time or need to buy several small gifts so use this list to brainstorm for those people. Do not forget to keep yourself a page also so that when people ask what you want you can tell them right off instead of trying to think of stuff. Also post a copy of your list during the holidays where your husband and children can see it so they can tell others who might ask them what you would like. Maybe this year you will get something you really want!

©2002 Krisann Blair

Krisann Blair is the author of The Christmas Organizing Handbook and oversees the Christmas Organizing online community at www.christmasorganizing.com that provides various resources for getting organized for a less stressful holiday season year-round. Visit www.ChristmasOrganizing.com for more tips.

Testimonials for The Busy Woman's Daily Planner®

Dear Susie,

First of all, you are so great! If you remember, I called Monday with my order. I got it in the mail Wednesday!! I was SO excited! Then when I got to town, I made my husband take the books in to the library so I could open the package: It is PERFECT! I LOVE IT! I have never had a bag so perfect for all I need to carry around (all the hats I wear). I had to agree to let Lexi wrap the planner pages and put them under the tree for me to use my bag now, since it is part of my Christmas. And I especially love all the extra's, like the newsletter~it is so neat! I love the articles! I read and reread it several times.

I just wanted you to know that you have made my day once again! Thanks so much for your heart and all you put into your business. It feels so good to have a friend and someone you can trust at the other end of the line when you place an order. :-) Thanks again!

Charity, Sparks GA

searchin4kin@yahoo.com

~~~~~

Dear Susie,

Thank you for contacting me by phone a few weeks ago. I was so thrilled to chat with you and that you would take the time to personally contact a customer. I couldn't live without my planner. I am going to try a few of the spiritual pages that you suggested. Thank you for a great product and a great website. God's continued blessings to you as you minister to women through helping us organize the days He has given us.

Love, Sarah  
St. Joseph MI

[frenchcook59@yahoo.com](mailto:frenchcook59@yahoo.com)

~~~~~

After being a die-hard Franklin user for 10 years, I recently switched to The Busy Woman's Daily Planner. I've found it to be much more relevant to my life, allowing me to structure things the way I really need them. And I really like the fact that I can buy only what I need, when I need it.

HM - Greenbank, WA - hilde@whidbey.com

<http://www.iwgd.com>

Testimonials Continued on page 4

So I said, "Billy, did you have fun playing at our house?"

He said, "Yes."

I said, "Would you like to come back and play again some time?"

He whined, "yes" as if he knew what I was going to say.

So I finished with, "If you'd like to come back, then you have to help clean up before you leave. That is how we do things in our home."

He threw a temper tantrum again which lead his mom to say, "I can't handle it here. You're a militant mom! You run your house like the Gestapo!"

I gently responded, "Does your child enjoy coming to our home?"

The mom said, "Yes."

I added, "Does my child behave nicely at your home? Does she clean up her mess when it's time to leave?"

The mom said, "Why yes, you're daughter is a delight to have in our home. She's welcome over any time!"

I said, "Thank you, then I must be doing something right."

HABIT is the key. I trained my children into a habit that lasted a lifetime. To this day my children can't leave a mess at someone's house before actually leaving their house.

~Training ourselves into habits that last a lifetime is the life change I'm talking about.

~Scheduling is one of the keys.

~Writing things down that we wish to accomplish.

~Following through with that schedule.

Having an accountability buddy helps to keep us on track. (Make sure she's not week either. LOL Otherwise, she won't do any better helping you than if you didn't have her to keep you on track. Smile)

If you get a little off track, revamp the schedule to allow for your mood. After all, we women don't need a menstrual cycle to have a mood change. All someone has to do is upset me and my mood changes.

Many people can't handle the regiment of a schedule. They feel that if they have a schedule they will be slaves to their schedule. It all depends on what TYPE of schedule they have. LOL

My schedule includes hours a week of free time. A Mocha Frappuccino on the way to Toastmasters on Thursdays. Movies on Friday nights. Sundays family time. Twice per month business/women's meetings. (They're FUN for me and have great food too!)

Consider a support group like Clutterless Recovery Groups (www.clutterless.org). You haven't been able to overcome this by yourself so far, have you? Sharing with others just like you helps tremendously.

If The Parents Don't Clutter

You've got an easier row to hoe. Your kids will see that the messes they make are their own. All they need is to understand why not-cluttering is important. Remember that the reasons for doing or not doing something are more important than learning lots of rules and tips. We want to change behavior, not just the outside appearances.

Strategies For Making Decluttering A Family Affair

Strategy implies war. Be a gentle warrior. The enemy is the clutter, not the clutterers.

1. Have a family meeting. A cluttered dining room table is fine – if you can see the each other. If not, try the living room. Start by a focused visualization on your intentions for a neat house. Decluttering is a spiritual task. Then talk about how the cluttered house affects the whole family. This can be a surprisingly emotional time. If the parent's are cluttered, a child may relate how ashamed she feels.

"I spent most of my childhood being afraid of starting a dialog about the clutter. I didn't want to hurt my mom's feelings." – L.H., daughter of a clutterer.

2. Remember, this is a discussion, not a blame session. Even if only one kid or adult clutters, it's a family problem with family solutions. If the clutterer feels singled out, he'll get defensive. When people are defensive, they stop listening. When people listen, they can negotiate and compromise.
3. Make it clear that you aren't on this earth to pick up after everybody. If you're doing that now, you've set up the expectation that they needn't worry about their clutter, Mom or Dad will pick it up. Saying this and doing it are two different things, so you'll have to change your behavior (and learn to deal with your own frustration until the family begins to operate as a unit, not individual commandos).
4. This is not a one-time fix. Don't have such high standards of neatness that no one can live up to them. Don't expect everyone to agree to do something about the clutter and follow-through. Cluttering is about control and limits. Overcoming it is about being willing to change.

TheExpoConnection.com

An interactive event site.

Back To School Online Shopping Expo - August 21 thru August 24, 2003
Vendors can apply until August 9, 2003. Visit www.theexpoconnection.com
for more information.



Rent Online Party/Chat Rooms, monthly, every 6 months, or yearly. Visit www.themouseconnection.com for more details.

Hot Drink for those cool blustery winter nights!

- 1 gallon of apple cider
- 46 oz. Can of Pineapple Juice
- 48oz. Bottle of 100% Cranberry Juice
- 1 cup Cinnamon Red Hots
- 1/2 Teaspoon cinnamon

Pour all juices in stockpot till hot. Then Add red hots and stir until melted. Stir in cinnamon and serve.

Suella@affordableluxuries.us - Toll Free 877-873-1356
Home Based Biz Opp ~ Affordable Luxuries

Recipes N More

Caleb's Favorite Split Pea Soup with Ham

- 2 pounds split peas (I use one pound yellow and 1 pound green)
- 2 large cans of chicken broth (49 ounce cans)
- 1 onion, chopped
- 3 cloves garlic, chopped
- 2 stalks celery, chopped
- 3 carrots, peeled
- 1 ham steak, cut out bone and cut off fat (optional)

Put all ingredients in a large pot, cover and simmer for 1 hour. When all ingredients are tender, blend together. A handheld blender works the best, but you can also use a regular blender.

Top with cheese and green onions.

Jules Jewelry

<<http://www.julesjewelry.com/>> ~ Unique Custom Designed Jewelry for Every Occasion

Testimonials Cont. from page 2

Susie,

I just loved my compact planner! I was unsure of going from the classic size to the compact. The change has made me realize that the larger pages allowed me to enter more items than I could accomplish in one day!! I am involved in so many activities that I MUST be organized! God Bless for your insight to help with the organizing process!!

Sincerely,

Gina - Grayson KY

gcmdavid@carter.k12.ky.us

~~~~~

I received my order and am very happy with the holiday planning and the spiritual kit. I remembered where I first purchased my planner at. It was our local Christian book store. It was many years ago. Thank you for helping me to get back on track. I have placed an order for more pages.

Tammi Wiemer - Lincoln NE

[tj52759@aol.com](mailto:tj52759@aol.com)

~~~~~

Hi Susie,

When I thanked you for my order I forgot to mention what a lovely newsletter you sent me (Fall 2003). I enjoyed reading all the articles and welcomed the personal touch feeling I received. I am so glad that I came back to my Busy Woman Planner otherwise I would not have been aware of the wonderful touch you added.

Best wishes,

Judy - Humble TX

jbeaven68@kingwoodcable.net

*Send in YOUR testimonial
and receive a FREE gift if we use it!*

Scheduling Can Be Good

By Susie Glennan

Have you been bombarded with, "You have to work on finding time for family. You're spending too much time at work. You need to spend "quality" time with your children."

A schedule is an effective way to work out what needs to be done and yet have time for FUN! I often hear, "I don't want to because I'll become a slave to my schedule." "Schedules are for those A+ people who can handle them."

Well I'm here to tell you that without some sort of schedule, most of us are doomed to failure. Besides, what's the worst thing that can happen if you have a schedule... you have more time for what matters most, God, Family, Friends, FUN!

Setting up a schedule is simple. Start with monthly pages.

1. Put your MUST do's first, this includes your work schedule.
2. Add a date night with your spouse, then children.

Scheduling Can Be Good - Continued on page 9