

YOUR FAVORITE NEWS

AUGUST 2008

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Your Favorite Organizer
480.295.2093

www.yourfavoriteorganizer.com
info@yourfavoriteorganizer.com

Simplify.

The first week in August is **Simplify Your Life Week!** (August 3rd to 9th)

Simplify means different things to different people. What's *your* "simple"? Microwave dinner? Camping? The key is to learn *your* comfort level and work toward achieving *that*. On a scale of 1 to 10, 1 being a bare room, and 10 being a room full of things, where would you like to be? The same question can be applied to any area of your life. Learn the true answer, and work toward your personal level of simplicity.

My 5 Favorite Simplicity Supporters

5. Simplifying Begins with SUBTRACTION! There is a rule that says "One in, one out", but I know you, you've got more than your fair share of unhonored "one outs". Start with subtracting solo socks (say that 3 times fast). Use them as rags in the garage, puppets, or just toss.

4. Kitchen Table is for Eating Only. A clean table is much more inviting than one covered in mail and shopping bags. Don't let the table become a catch-all. This will set you up for success and get the family back to the table to enjoy dinner together again.

3. Resealable Bags. I love em. These days the seals are so strong you can stop searching for the missing lid to your plastic containers. Stock up on different size bags and keep them in mind any time you have a clutter problem.

2. Duplicates Schmuplicates! Stop buying stuff you already have. Do you have sponges in 4 different places in the kitchen? Put them in one spot. Make them easily accessible to set yourself up for success. Have 25 pairs of scissors around the house? Gather them up, donate them, do something. Don't waste you're hard-earned space with a bunch of things that don't mean that much to you.

1. Just say no. Here it is. Say no when *you* want to. Not when someone else thinks you should. Maybe you don't want to do the dishes today - say no to dishes. Many people have a hard time saying no to a friend's request. It's okay to ask your friend if you can pass on this one. Maybe they think it's no biggie. And to think, you might have spent all that time stressing about it. If all else fails, deep breaths until you're ready to deal again. ★





August is Professional Speakers Month

Face it, the class where you had to give speeches was probably your least favorite class – I know it was mine.

We all had to face it, some did better than others, but the fact remains that many of us, whether we like it or not, will be called to the stage to enlighten others with our wisdom. It's flattering really.

On page four, I quote Aristotle, who said,

"It is simplicity that makes the uneducated more effective than the educated when addressing popular audiences."

I found this quote particularly poignant given the two organizing events this month deal with simplicity and public speaking.

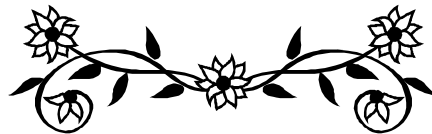
I guess this is why they say you should picture the audience naked when having difficulty giving a speech. The point is we are all really all equal. We are nervous about what "they" will think of us, but your audience is full of simple guys and girls like you.

Giving a speech is just like any other big event - you've got to plan for it, then be ready to roll with it.

This month we tip our hats to Professional Speakers, who face a task that most of us look forward to with as much enthusiasm as going to the dentist.

Professional Speakers have advice for the novice – a few helpful tips if you find yourself looking down upon a group of eyes waiting for you.

- Humor and humility can go a long way.
- Entertain and inform
- Use personal stories
- Get the audience involved



A Personal Note...

I learned the extremely sad news that the "Last Lecture" Computer Science Professor, Randy Pausch, Ph.D., lost his battle with pancreatic cancer on July 25, 2008. I, along with millions were very touched by his lecture "Really Achieving Your Childhood Dreams". If you haven't yet seen this lecture, do yourself and his memory the honor of going to www.thelastlecture.com and watching it. If you have seen it, please watch it again. All the best to the Pausch family.

- CR ★



August's Organizing Events

August 3 – 9, 2008

Simplify Your Life Week

Entire Month of August

Professional Speakers Month



Simple Solutions

Syrup Bottle



Pancake Dispenser

Wine Bottle



Rollin Pin

Shoe Box



Photo Box

Tissue Box



Plastic Bag Storage

Checkbook Bottom

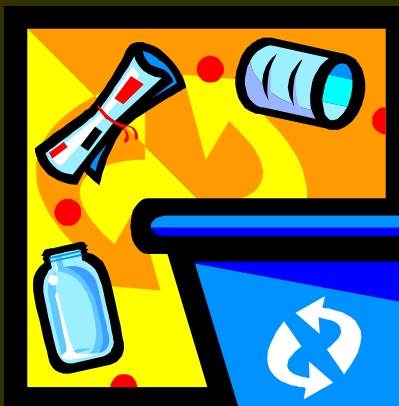


Business Card Holder

Life Savers



Birthday Candle Holders



Wabi Sabi 101

"Wabi Sabi is a beauty of things imperfect, impermanent, and incomplete.

It is a beauty of things modest and humble.

It is a beauty of things unconventional.."

- Leonard Koren,
Author of
"Wabi-Sabi for
Artists, Designers,
Poets &
Philosophers"

Simple Sites

The Last Lecture

www.thelastlecture.com

Real Simple Magazine

www.realsimple.com

Comic Relief

www.careerbuilder.com/monk-e-mail.com

Send a Free E-card

www.hallmark.com

Laugh Your Butt Off!

Go to YouTube and watch videos of laughing babies. Gets you every time. ©



Beauty

Simplicity

Complexity creates a maze between you and success. Simplicity ensures a clear line of sight.

- Lee J. Colan

Everything should be made as simple as possible, but not one bit simpler.

- Albert Einstein

It is simplicity that makes the uneducated more effective than the educated when addressing popular audiences.

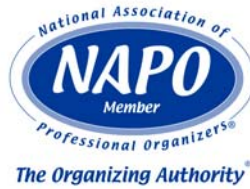
- Aristotle

The ability to simplify means to eliminate the unnecessary so that the necessary may speak.

- Hans Hofmann

Clutter Cam

Before & After - Kitchen



Your Favorite Organizer

Queen Creek, AZ

Cheryl Roden

(480) 295-2093

info@yourfavoriteorganizer.com

www.yourfavoriteorganizer.com

