



Simply Organized

August 2009

"Summertime and the living is easy..." How does this line from the 1935 opera *Porgy and Bess* resonate with you? Are you enjoying the season or are you feeling like this is just another day of running ragged and stressed?



August 1-7 is "**Simplify Your Life Week**" The following are my top 10 ideas for simplifying. Choose 1, 2 or all 10 to return to 1935 when the "living was easy".

- **Learn to say "no"**
- **Learn what enough is** - limit your buying habits
- **Create a simplicity statement** - what do you want your life to look like?
- **Be present** - live here and now in the moment
- **Keep your inbox under 10**
- **Simplify your wardrobe** - statistics show that we consistently wear the same 10-12 outfits...how about you?
- **Single task** - multi-tasking is more complicated, more stressful and generally less productive
- **Eat healthy** - shop the perimeter of the grocery store
- **Have a place for everything** ...and everything in it's place(after you declutter) enough said
- **Always ask** - will this simplify my life or will it give me yet another task to complete?

To change the way we live requires intention, persistence, practice and sometimes a little help from a friend. You have my permission and thanks for forwarding this newsletter to any and all who might enjoy and or benefit from its' contents.

Best, Ellen

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Dutchess County SPCA Wish List:

Pet Supplies

- Clean, dry towels and blankets
- long handles scrub brushes
- scrubbies
- paper towels
- bleach
- laundry detergent
- garbage bags, heavy duty 60 gallon

Cats and Dogs

- cake size paper plates
- peanut butter for stuffing Kong toys

Testimonial:

Ellen has helped me simplify my home and my life so I can more easily face each challenge with optimism and enthusiasm.
Joanne/artist