



Enlightened Organizing

Monthly Newsletter August 2008

www.sabrinasorganizing.com

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This month, we will discuss our third and final installment in the "Stop and Smell the Roses" series called "Spend time together."

Feel free to forward this newsletter to your friends and family!

Enjoy being with your family and friends!

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Quote of the Month

There is nothing permanent except change.

Heraclitus
Source: Instant Quotation Dictionary

August can be a stressful month with the anticipation of upcoming activities. Children and teens going back to school. Young adults starting their new career. This is a great time to review what actions worked and did not work from the previous year to see if anything can be improved upon to reduce stress in on a daily basis.

Figure out what you want to improve upon in your day to day life.

Create a list of concerns and improvement goals that you want to improve in the coming year. Some examples could be: We ate out too much; figure out a way to make healthier meals at home. We need to have more family time; look up ideas for a weekly game night. My kids need to help out more around the house; look for different ways to get the kids involved in daily chores. One by one, start looking at and creating different ways to improve the concerned area.

Here are some common concerns that need to be approved upon:

Tips to help your family eat healthier.

- Start making meals on Sunday for the week.
- Schedule which days will be leftovers and make more food the night before.
- Write up a menus for the each day of the week so whomever is home can prepare the meal.
- Have at least 15-20 recipes on hand that are easy to make and/or can be prepared ahead of time. Rotate these recipes throughout the month for a different arrangement. As you get bored of certain recipes, swap them for new ones.

Tips on having more family time.

- Try a game night. Schedule one night a week to eat dinner and plan games. Friday or Sunday afternoons/evenings are wonderful days to wind down and spend time together.
- Try a movie night. Rent or go to the movies on a weekly or monthly basis. Matinees are more affordable. Have a different family member choose the movie so they are all involved.
- Schedule time to buy school clothes with each child independently. Make a day of it. Have lunch and enjoy the time you are spending together. Talk about various up--in-coming events that they may be excited about.

Tips on family members assisting with chores.

- Create a spinning wheel chores chart. Each day the family members would spin the wheel and it would tell them what they were responsible for that day.
- List exactly what the children are responsible for each day and hang it in their room. For example, brush your teeth, make your bed, get dressed, etc...This will remind them what they need to do before leaving their bedroom.
- For occasional projects, create a list of incentives for the children like, if you do this.... , you will get this..... This will give them a choice if they complete the project, they will get a reward.

Most of all, make these changes family events. The children will be more likely to get involved when they have a say in what they want to improve. This will also show them that it is OK to change their life if something is not working and that this process can be enjoyable and positive. Enjoy the process of changing old patterns. It does make a difference.

Sabrina Quairolì

Quick Tips

Want your children to be more independent and less stressed?

Provide your child with a pre-printed dates, large desk calendar for their room. The calendar should be large enough to write on. It helps them write their after-school activities, birthday parties, get-togethers, etc...and they have room for school activities as well.

It helps them know what day it is and what is going on. As a result, they feel more in control of their day to day lives.

Our Services

Need ideas to organize your space, we offer Solutions

Consultations. For **\$150.00**, you received a 1-2 hour consultation to discuss the goals for your space as well as an emailed Solutions Report detailing what we discussed to get the spaced organized with links and photos on where to buy the items. **No contract.**

With the up-in-coming busy months, why not get help! Whether for your personal or business, we offer **Part-Time Virtual Assistant, On-site Personal Assistant or Office Admin. Support.**

Here are some examples of needed services: Mail sorting and personal bill paying, Reconciling business and personal checkbooks, Setting up and tracking investment accounts, Small organizing projects, Accounts payable, Accounts receivable, Data entry, Creating and maintaining Filing systems, Typing documents (emails, letters, etc), Creating professional document in Microsoft Excel or Word, Website updates, Running errands, Researching information, Movie cataloging, Customized grocery lists, Household calendar design.

Our fees are \$35.00 per hour (on-site work) and \$25.00 per hour (virtual and off-site work)! Mileage is included. No contract.

[Contact us](#)

Please remember this newsletter is for information purposes only and is intended to motive you to get and stay organized. If you feel overwhelmed in any way in this organizing process, please consult a professional. Our address: 614 Stewart Road, Collegeville, PA 19426— 484-686-1567. We respect your privacy. We do not sell or share our mailing lists. If you want to be removed from this mailing list or want to schedule an appointment, please feel free to email us at inquiry@sabrinasorganizing.com.