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Hello, Friends!

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January 2019 Means a New Year, New You

2019 is here — so, what have you promised yourself this year? Losing weight? Getting more organized? Taking a few trips in this new year?

Now is truly the time to make small and large life changes for the better. Experts show the more you plan and schedule items in your calendar, the more you are likely to accomplish those goals and tasks.

Think about what brings you stress. Do you have excess clutter surrounding you? Do you think that affects your health? Well, it does!

What room or rooms do you want to get under control this year? You can tackle one room a month for instance. You want to make your goals attainable and set yourself up for success.

What trips do you want to schedule this year? I sat down with one of clients just the other week and we put her wish list together. It's easy to do — we looked at the calendar and talked about any special celebrations expected to take place. Plus, we discussed possible the budget. That puts things in perspective.

A few good projects to tackle while you are stranded indoors in these cold months include:

1. You might want to go through your file cabinets, drawers and cupboards. Even straightening up that messy closet will make you smile each time you open the door.

2. Create a 2019 Tax Folder and a 2018 Tax Folder (if you haven't already). You know you will start receiving all the important tax information over the next few weeks. So if you have a folder ready and waiting, then that paperwork has a home and will less likely be lost. Hasn't that caused you some stress over the years? Has that ever delayed you getting your taxes done early? Our new 2019 is the year you can overcome these tax challenges!

3. You may want to organize your photos or videos. I know one main item on my "2019 To Do List" is to get my home videos transferred to a DVD. I did some research and will be dropping them off later this month for handling. Then I can check this one item off my list! Woo-hoo!

4. With a new year should come a new family calendar. Have you transferred all your birthdays, anniversaries and other special occasions? This can be online and / or on a wall calendar. I know it takes time, but the sooner you transfer your dates, the more prepared you feel. Plus don't forget to transfer all the doctor appointments and other dates that you have written in your 2018 calendar.

5. Most of us have too many emails or a very cluttered in-box. I recently read an article where a woman in Texas is meeting a group of ladies for a morning coffee. She will use that time to tackle and clean up her in-box. Misery loves company.

6. Finally, experts agree that if you hold yourself accountable to someone else, you once again are more likely to accomplish your goal. So don't be afraid to ask your family members or friends and find someone who wants to work with you on a particular project. The two of you can create a check-in date with one another, to keep things moving forward.

And when progress is made, you can celebrate each other's accomplishment and toast your progress with coffee, or better yet, a glass of wine!

January is GO Month - Get Organized in my Industry. I am the leading a team of organizer and we ran a fun contest thru the Detroit News Homestyle section back in November. Mark Steel from Farmington Hills is our winner and our team is excited to go to his home in January and help him organize his home office. I will hopefully have before and after photos for my February Newsletter.

Your local professional organizer,
Betty Huotari

PS If you would like to share this email with a friend, please pass it along and if they would like to be added to my newsletter list, have them send me an email.



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