



SIMPLY PLACED

March 2012

Where Will Simply Placed Be?

What:

NAPO Ask the Organizer Panel

Where:

Baltimore Hilton, Baltimore MD

When:

Thursday March 22nd 2012

Debbie will be on the National Association of Professional Organizers' (NAPO) prestigious Golden Circle "Ask the Organizer" panel, fielding tough, challenging, and thought-provoking questions from her colleagues in the industry from around the nation (and some from around the globe). This session is one of the most well attended at NAPO's annual conference and Debbie is honored to have been selected to participate.

When she's not serving on this panel, she'll be attending educational sessions, networking with colleagues in the industry and viewing the latest in organizing and productivity products and solutions at the vendor exposition. She's sure to have lots of new information and ideas to bring back to the Simply Placed team and to our clients after this valuable conference.



Featured Product Meal Planning Made Easy



Love planning your own menus and shopping lists? Try our [Meal Planning Made Easy System](#), an easy-to-use tool that offers step-by-step reminders to make meal planning and shopping easier for busy people.

At just **\$14.99** (less than the cost of a pizza!), you'll receive a PDF document that you can use week after week to plan delicious and nutritious meals for the whole family!

Tech Talk Thursday

An Organized Life is a Healthy Life

Are you looking for ways to be organized to live a healthy lifestyle? Even if you enjoy cooking, it can be hard to stay organized with healthy meal planning when there are so many options to choose from and often just not enough time. How about fitting fitness into your life? Getting enough sleep? Taking good care of yourself? If you're interested in staying organized while you make healthy choices, we've got some ideas and resources for you.

Our top five tips for organized systems and productive habits that lead to healthy lifestyles are:

- 1. Set goals** – what nutrition, exercise or sleep goals support the healthy lifestyle you want to live? Be clear about what you want.
- 2. Make a plan** - How much time do you need in your week to accomplish your goals? What activities (weekly grocery shopping, a fruit and veggie chopping session, a new class at the gym, a walking date with a friend, bringing your workout clothes to work three days a week, taking a daily multivitamin, etc.) support your goals?
- 3. Block time** - reserve time on your calendar to conduct those activities that you determined you'd like to add or that will help you reach your health goals and feel your best.
- 4. Make it easy** and set yourself up for success
 - a.** Organize your kitchen, pantry, fridge and freezer to make storing, finding and preparing healthy snacks and meals easy. With organized spaces you'll more easily find things when you need them, saving you time, money and stress.
 - b.** Do what you can the night before – pack your lunch, lay out your workout clothes, put your multivitamin by your toothbrush so you can't forget it, call a buddy to make plans to meet at the gym the next morning, etc.
- 5. Be held accountable** – share your goals and the action steps you commit to take to be proactive about your health with someone who cares about you. Ask them to check in with you on your progress. Brainstorm with them if you hit roadblocks. Celebrate with them when you achieve milestones.

We've talked about several options for healthy living on our blog. We offer local classes featuring ways to stay organized with planning meals. Our [Healthy Meal Planning Made Easy](#) class will teach you tips that will let you have your best, most energized year yet. Tabitha teaches valuable tips on how to purge your pantry, makeover your meals, and savor the flavor of healthy and sweet success. You will walk away with time-saving techniques for meal planning and preparation, ideas for streamlining your kitchen, and savory recipes that will make every mealtime both delicious and nutritious!

We've talked about several options for healthy living on our blog. We offer local classes featuring ways to stay organized with planning meals. Our [Healthy Meal Planning Made Easy](#) class will teach you tips that will let you have your best, most energized year yet. Tabitha teaches valuable tips on how to purge your pantry, makeover your meals, and savor the flavor of healthy and sweet success. You will walk away with time-saving techniques for meal planning and preparation, ideas for streamlining your kitchen, and savory recipes that will make every mealtime both delicious and nutritious!

Have you seen our new Tech Talk Thursday blog feature? We'll keep you informed and give you tips on how to use technology to help you stay organized and productive.

If you run across a cool app, product or technological solution that we should know about, please don't hesitate to let us know. Return to [our blog](#) and [Facebook page](#) every Thursday for the latest and greatest!

Check out our latest topics: [Store and Organize Your Passwords](#), [Stop Wasting Time with StayFocusd](#), [Slim Down Your Email by Cutting Out SPAM and Bacon](#) and [Use Your Smart Phone to Stop Unwanted Snail Mail](#) and get some fresh ideas!

Organize Your Business

Want to help your company or organization off to a great start this year? We have a host of topics to benefit your employees or members. [Contact Us](#) today to find out how we can customize an offering to best suit your needs. Join the ranks of successful companies like Comcast, Costco, Microsoft, and the Seattle Seahawks/ Sounders FC who have done just that. We look forward to working with you.

Chat With Us!

Would you like access to regular tips on organization and productivity? Visit our [Facebook Page](#) and subscribe by clicking "like" to receive regular tips! You can also follow us on [Twitter](#), or subscribe to the [RSS Feed](#) for our Blog. Either way, we look forward to sharing information with you and hope you'll engage in the conversation. We love to hear from you!

We featured [Mesa de Vida's Menu Planning Services - For a Healthy Lifestyle](#). Mesa de Vida has a menu subscription plan made by personal chef Kristin Helle! Every month you subscribe you get new amazing recipes that you can reference again and again, saved right on your computer. You also get easy to use pre-made shopping lists that save you time and money at the grocery store!



Organizing a healthy lifestyle can be an overall investment in you and your family's enjoyment of life. We also have available on [our website](#) our own guide, [Meal Planning Made Easy](#) where you can plan your own menu, family favorites, grocery shopping plan, etc. You'll have mealtime organized, delicious and nutritious. Stop wasting time and start preparing your healthy lifestyle!

Did you participate in any of our Tuesday Ten Minute Toss Challenges this past month? If you're short on time, but motivated to check something off your list, we've got some quick and easy ideas for you. Recent examples include: [Toss Old Linens](#), [Toss Junk Out of Your Car's Trunk](#), [Toss Virtual Subscriptions](#), and [Toss Items Out of Your Pencil Drawer](#). You can return to the [blog](#) or our Facebook page every Tuesday for a new challenge.

Do you have a topic or organizing question that you would like us to address in this newsletter or on the blog? We love to hear from you, so please [let us know](#) what you would like us to blog about.



Debbie Rosemont, CPO®

Simply Placed | 26510 SE 19th Ct. | Sammamish, WA 98075
206-579-5743 | [www.itssimplyplaced.com](#)

[Send to a Friend](#)

If you no longer wish to receive the Simply Placed News, [click here](#)