



# SIMPLY PLACED

October 2013

\*We apologize for the technical glitch yesterday\*

## Where Will Simply Placed Be?

**What:** 7<sup>th</sup> Annual Pre-Holiday Shopping Open House

**Where:** Simply Placed

**When:** Thursday November 14<sup>th</sup> 4:30 – 8:30

Don't wait until the last minute to start your holiday shopping! Get your shopping done within a budget and avoid the crowded stores and hassle of schlepping all over the place. Save time, stress, and money by starting in November at our Annual Pre-Holiday Shopping Event. Vendors will show their wares and offer personal shopping assistance to help you cross everyone off your list and finish your shopping early this year. Here's to more joy and less stress this Holiday Season!

## Featured Workshop

### Organize for School Success

Does your middle or high school son or daughter need some school organization help? Our Organize for School Success Workshop is perfect for students who need help organizing a study space, getting a backpack or binder organized, homework systems and solutions, project management and much more.

Read more about our [practical techniques that will help your student organize all aspects of academic life on our blog](#).

### Participate in Our Webinar Poll

We're thinking about sponsoring a webinar and we would like to have your input! Please visit our blog to participate in our short [webinar poll](#). We look forward to hearing from you!

## Organize Your Business

**Want to help your company or organization have a strong second half of the 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

## Tips for Jumpstarting Your Productivity



One of the reasons clients like working with Simply Placed is that we help people get projects done. Getting things done feels good whether it's decluttering a desk so you have a place to work, checking things off a task list, or organizing a closet so you can find what you're looking for. This month we take a look at the science behind why getting things done feels good, the impact this can have on motivation and things you can do to jumpstart feeling good so you can get things done.

Why does getting things done feel good? In [The Neurotransmitter Dopamine Plays an Important Role in Productivity](#) we share that it's the neurotransmitter dopamine that is responsible for feelings of achievement, satisfaction and happiness and we suggest small things you can do to boost your dopamine and productivity levels. When we recognize a small task or large project as being complete this triggers a dopamine release. While external rewards such as a financial bonus, sweet treat or fun activity can motivate our efforts towards getting work done, it really is the dopamine release that creates feelings of pleasure and accomplishment.

Dopamine works as a motivational tool. Not only does dopamine allow us to feel good about what we've done, it also serves to motivate us to do more so we can continue to feel pleasure. Feeling good about checking something off your task list often works as encouragement for getting started on another task so you can enjoy getting that done too. Feeling good about getting one closet in your house decluttered and organized motivates decluttering and organizing another space. Dopamine works as both reward and motivation. If you're feeling motivated, it's a great time to join one of our Tuesday Ten Minute Toss Challenges for that wonderful feeling of accomplishment in just ten minutes. In [Toss Anything You Want](#) we encourage you to develop your own ten minute toss or join in one of our many previous tosses: [Toss Lists](#), [Toss under the Kitchen Sink](#) and many more.

How can you jumpstart a dopamine response to take advantage of its motivational qualities? It is possible to purposefully trigger a dopamine response in order to take advantage of how it rewards and motivates your work. Remember, completing even small accomplishments can create a dopamine surge. Next

of successful companies like Microsoft, Comcast, Costco 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 [Simply Placed Facebook Page](#) and subscribe by clicking "like" to receive regular tips! You can also follow us on [Pinterest](#) and [Twitter](#), or subscribe to the [RSS Feed](#) for our Blog. Wanna schedule with us? [Sign up](#) for a free 15 minute phone consultation today! Either way, we look forward to sharing information with you and hope you'll engage in the conversation. We love to hear from you.

time you're feeling unmotivated to get to work on your task list, try setting goals. In [When Life Seems Out of Control, Set Small Goals to Stay Motivated](#) we encourage you to set SMART goals for yourself so you can start achieving. Soon you'll be able to enjoy looking at what you've already accomplished! Now leverage that good feeling and get to work on your goals.

Now you know the science behind why getting things done feels good and you have a way to purposefully trigger a dopamine surge and use it as motivational tool. You can apply this knowledge when you plan out your work so that you stay motivated. Read our [5 Tips for Organizing Your Work to Stay Motivated](#) and get some new ideas today.



Debbie Rosemont, CPO®

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

[Send to a Friend](#)

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