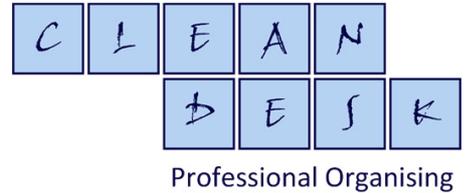


## Newsletter 17

Having confidence in myself  
and in my choices



Welcome to the 17<sup>th</sup> newsletter of Clean Desk Professional Organising!

### **FOREWORD -- FESTIVE SEASON IS NEARING**

I wrote my last newsletter in May, a very, very long time ago. It was the first time since I started my newsletter that I had a gap this long between two newsletters. What did I do? I wrote educational material for a course for future professional organisers in the Netherlands. A big job, but very nice to do! Because the summer holidays were in the middle of all the writing, I choose to let go of my newsletters for some time. A choice I felt I had to make.

The educational material has all been sent in and I am looking forward for the course to start. There is now time and space in my head again to pick up on my newsletters and the National Organising Week. This NOW is hold during the week from 7-13 November and the message is: Let's get it sorted! More information about what NOW is and what is being organised in your area is to be found on one of these places:

- <http://blog.apdo-uk.co.uk/?p=1518>
- <https://www.facebook.com/apdouk/?fref=ts>
- <https://en-gb.facebook.com/people/Apdo-Scotland/100009701790959>
- <https://twitter.com/apdouk>

*Be happy in the  
moment,  
that's enough.  
Every moment is  
all we need,  
nothing more.*

*(Mother Teresa)*

### **TIP -- HAVING CONFIDENCE IN MYSELF AND IN MY CHOICES**

This is a very difficult subject. We don't always make the right choices. Or others think and tell us we didn't make the right choices. And if a choice turns out to be not as good as you thought, make another choice.

Sometimes we have to make choices we don't like: taking care of old parents, sick children, a partner who has dementia etc. Sometimes life gets in the way because of an accident, someone who doesn't love us back, being fired etc. Every day gives us new choices to make, some easy, some very, very difficult.



I think it is important that you always make your own decisions. Others are very welcome and even needed to help gather information and to talk to to organise our thoughts. But in the end we are on our own to make the decision, because it is our life and we want to live it the best we feel is right.

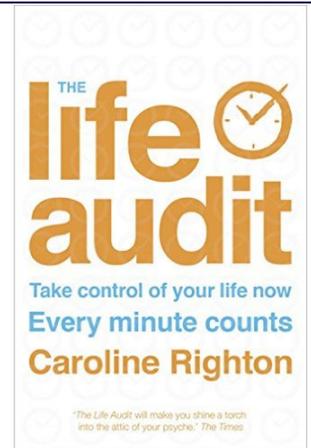
Trust yourself that you make the right choice, despite what others say. If it feels right for you, make that choice.

*If you need help with organising or time management? Email me: [wendy@cleandesk.co.uk](mailto:wendy@cleandesk.co.uk).*

## BOOK -- THE LIFE AUDIT

How much time do you spend dreaming about the things you would love to do - just as soon as you've got the things you HAVE to do out of the way?

Whether you just want to make more time in your life, or plan a whole new way ahead, The Life Audit helps you ask the big questions about the direction your life is taking and provides the clear focus you need to take stock of where you are now, fast track towards your chosen goals - and arrive where you were always meant to be. It offers a simple technique for working out what you do with your time and how you can make every moment work for you. You can use the system for whichever crossroads in life you have reached, from student days through mid-life to retirement. It's simple and it really works. Packed with great advice and real-life success stories, The Life Audit is set to turn your life around. Make your first big choice and open the door to the life you want.



You can purchase the book at [Amazon](https://www.amazon.com) and/or read more at <http://www.thelifeaudit.com/>.

## USEFUL WEBSITE -- WWW.APDO-UK.CO.UK

**apdo-uk** is a not-for-profit, unincorporated association, working to provide support, networking and promotion for members of the Professional Organising & Decluttering industry, and information and services for their clients. **apdo-uk** accredited organisers are all fully insured and comply with the latest Data Protection legislation.



When can professional organisers & declutterers help?

- Are your house or office out of control?
- Do you have cupboards or drawers you dread going into?
- Do you wish your paperwork was easily accessible and neatly filed?
- Do you find yourself accumulating more clutter as the years go by?

Working with you, a professional organiser can suggest ways of making the most of the space you have. You'll be able to find everything you need whenever you need it. And you'll find it easier to control your clutter in the future. Why not see if we have an **apdo-uk** accredited organiser working near you?

## NOW OFFER -- 25% OFF FIRST SESSION

When you book an appointment during the National Organising Week (NOW), you will get 25% off your first actual session. Intakes are always free of charge. The meeting doesn't have to take place during the NOW, but has to be booked that week.

## CHRISTMAS -- GET ORGANISED FOR A RELAXING CHRISTMAS AT BALERNO HIGH SCHOOL

Go for a relaxed Christmas this year. Plan shopping, decluttering, decorating and cooking in time and enjoy the festivities in a relaxed frame of mind. More information: <https://www.joininedinburgh.org/activity/7804/>.

4 Lessons on 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> Nov and 6<sup>th</sup> December from 07:00-09:00pm.

*As a professional organiser I can organise your things, documents and time with or for you,  
being your own personal professional organiser.  
Do you want to receive this newsletter every month? Send an email to [wendy@cleandesk.co.uk](mailto:wendy@cleandesk.co.uk).  
Do you like sending this newsletter to someone else? I much appreciate that!  
Kind regards, Wendy*

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