

Daily Specials

- ***Decluttering*** - Are you oppressed by "stuff" (e.g., papers, tools, recreational equipment, or nick knacks), overwhelmed by demands, or just can't find things?
- ***Finding and maintaining balance*** - between work and play, family and self, present and future, needs and wants, care and indulgence ...
- ***Saying "no"*** - When, how and to what - making it easier. Nurturing your "won't power".
- ***Prioritizing*** - Are you really doing the things you really want and need to?
- ***Making a move/transitions*** - If not NOW ... when? Need a new approach to initiating or following through on health goals, career changes, relationship issues, etc.?
- ***Running roadblocks*** - Is something getting in your way, sapping you energy, enthusiasm or motivation?