



"The first step in crafting the life you want, is to get rid of everything you don't"
 Joshua Becker in *The Minimalist Home*



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Essentially our Customers are Great!

In this unusual time that we are all going through, I just want to say a humble thank you to all our amazing customers. Since we are considered an essential business, we are still open and sparkling away, and even though we don't have our full staff, things seem to be going well. As Cindy, our operations manager said, "I always knew we had wonderful customers, but this experience has really shown me how wonderful!" Those of you who suspended service, we just want you to be safe and thriving, and we trust we will see you back when we are all past this. Those of you who have suspended service and still paid for your cleaning – well, we never expected that! And those of you who are still on our schedule, thank you for your patience, and the gratitude you have so often expressed to us in the office and to your Sparklers. We are all just happy to be working, and happy to feel that we are making a difference and being of service for you. Maybe by the time you are reading this we will all even be getting back to a kind of "normal"! I am hopeful and optimistic.

There is a reason you seem to solve all the worlds problems in the shower! According to creativity expert Mareike Wieth PHD, people are most inventive when they let their minds wander – that is when brains are free to connect seemingly unrelated details, which can lead to innovative ideas. And while it might sound counterintuitive, a slightly tired mind is ripe for creativity. Early birds will find peak creativity late in the afternoon or early evening, when they have lost a little focus. Night owls should do their brainstorming in the morning. "Third birds" (people who thrive around mid-day) should expect a spike of creativity in early to late evening.

Woman Day April 2019

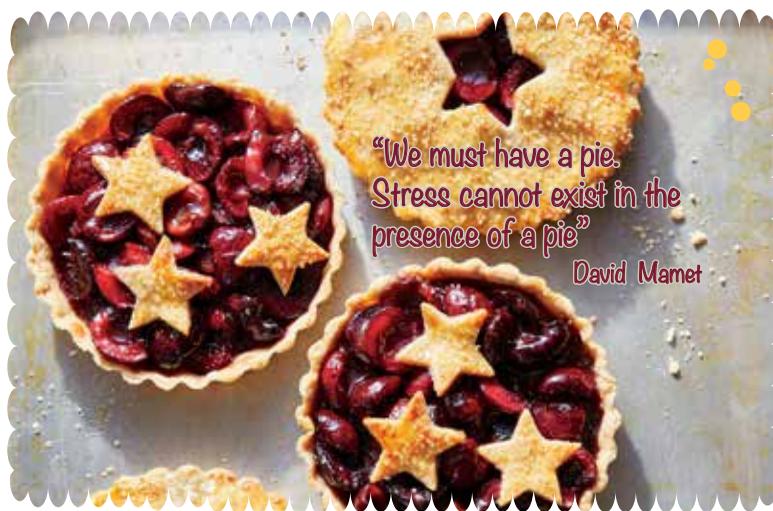
Morning Questions

I saw this on Facebook, posted by Brooke Anderson, a San Francisco photojournalist "In the first few days that I had been sheltering in place, I noticed that I was spending too much time on social media reading the news, and that was making me anxious so I just made myself a Post-it of the things I should ask myself in the morning to help structure my day." Anderson posted her photo of her Post-it on social media "in case it could help others" and has since been shared 100,00 times. She said she thought about what is important to her and what made her feel better.

The questions are simple but thoughtful:

- What am I grateful for today?
- Who am I checking in on or connecting with today?
- What expectations of "normal" am I letting go of today?
- How can I move my body today?
- What beauty am I either creating, cultivating or inviting in today?

What would your personal version of these questions be?



"We must have a pie. Stress cannot exist in the presence of a pie"
 David Mamet

Just Breath

Here is a breathing exercise from Deepok Chopra to increase creativity:

Hold your right nostril closed with your right thumb & then exhale out and then in on your left nostril for at least five minutes.

The right hemisphere or the creative/imaginative side of the brain, will become more active when you are breathing through the left nostril (and vice versa).



Three Questions to Ponder before Sleep

Asking these three purposeful questions before retiring each night can help us rest content knowing that although we may not have lived our day perfectly, we did live it well.

- What are three things I am grateful for?
- What are two things I did well today?
- What is one thing I would do differently?

Asking and answering these purposeful questions may take five to twenty minutes but the resulting clarity and peace is worth the time invested.

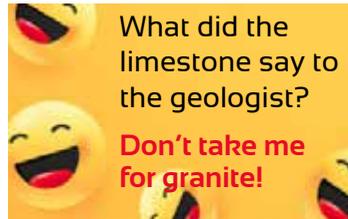
(Krista O'Reilly Davi-Digui)

The book, A Simple Act of Gratitude, a memoir by John Kralik may help inspire you to get started on the first question.

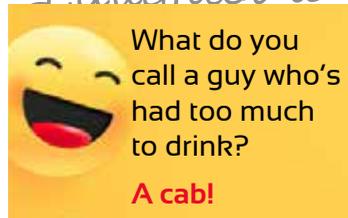
10 Tips to Clear Clutter in Under 5 Minutes

From Gretchen Rubin

- Make your bed.
- Get rid of junk mail immediately.
- Follow the "one minute rule" – push yourself to do any chore that takes less than one minute.
- Identify a place or person you can give things you no longer need.
- Be very cautious about letting yourself "store" things.
- Never accept anything free, unless you are thrilled with it.
- Get rid of things if they break.
- Don't keep any piece of paper unless you know you actually need it.
- Hang up your coat.
- Before going to bed, take 5 minutes to do an evening tidy up.



Laughter is Good Medicine



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Thank You for Your Business – We Very Much Appreciate You!!!!!!

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