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CELEBRATE “BUY NOTHING DAY” IN NOVEMBER

This internationally-recognized holiday (the day after Thanksgiving) is an opportunity to challenge yourself, your family, and your friends to take a day off from shopping. Instead of hitting the malls, spend some time — rather than money — doing things that bring you joy and fulfillment. Here are a few tips to get you started.

- **FOCUS ENERGY ELSEWHERE:** Does your “to do” list have you constantly running, buying, doing and getting? Try simplifying your life by slowing down to appreciate the good around you. When do you find yourself smiling or happy? Pursue those activities that energize and revitalize you. Starting today, make a few conscious choices to spend your time and energy differently.
- **AVOID TEMPTATION:** Find yourself running to multiple stores each week to get all those great sale items? Make the decision to try a few weeks without reading the Sunday sale ads. Make a running list of the items that you absolutely cannot live without; pledge to purchase only items that are on that list. You’ll be amazed at the time and money you save!
- **BE AWARE OF CLUTTER’S CURSE:** When you spend money, you’re bound to accumulate clutter. Clutter takes up time, space, energy, and/or money without providing any tangible benefit. Consider the time and effort it takes to care for your belongings. Could you think of better ways to spend your time?
- **LOOK DEEPER:** Before you buy, think about what's truly important to you. What brings you joy, satisfaction, and fulfillment? Try to look beyond the initial “thrill of the purchase” and see what provides deeper moments of meaning.

Elizabeth Bowman is a professional organizer and the president of Innovatively Organized, a professional organizing services company. She has a passion to help busy professionals streamline their homes, work spaces, and schedules.

Visit www.InnovativelyOrganized.com for more information. You may also contact Elizabeth directly at 206.369.8853 or elizabeth@innovativelyorganized.com.

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