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Here's Your *Slice of Sanity* E-Zine!

Dear Cena,

Ahhh Summer...

Well, it's hot, and so are some very exciting and interesting things with Sane Spaces!

If you've been following for awhile, or on my site, you'll notice the iceberg in the top right corner of the site... It is my icon for Sanity.. and of what living organized is all about.

With sanity in mind, one of the things I've really tested this summer is the strength of my own Support Dimension! I took a total of 13 consecutive days off between June and July, and an additional 13 days within July and August for weekend trips and visits! That is a LOT of time off! It really had the potential to bite into my time for productivity and my sense of feeling in control.

I did a lot to prepare before my vacation for the time away... but i couldn't have done i all without SUPPORT! It is exciting to feel the sense of being supported while I've been off on vacation. I have a couple different levels of support for my business, and by planning and implementing ideas ahead for my time away, I was able to pre-load blog posts, stay on top of twitter messages, and get some catch up office work done while I was away. As a result - I didn't really feel too much of a hit this summer even with so much time off! (If you want to see how your Sanity Dimensions are working for you - click on the link above and take the quizzes for your Space, Systems, Self and Support dimensions!)

Here's what's happening for Sane Spaces this summer:

- I'm working with three new coaching clients on their business and life plans,
- 8 resume/career clients who've asked for my help to revise/redo their resume's due to a gap in employment,
- I'm working on my "Back To School" tele-course offerings for fall.
- I provided a mini lunch-and-learn version of my course: **Managing Time to Get Things Done** to the editors and professionals at WebMD.
- I was a "featured mommy" on a few mom's blog sites where they reviewed my eBook and Audio Course: Get Organized to Keep Your Family Sane. Read one review [here](http://tinyurl.com/3p5bb43): <http://tinyurl.com/3p5bb43>

I also have some exciting news... if all goes well, I'll join 24 other professionals as

This month, test the health of your systems!
Click on the image for a free quiz and feedback to help you improve your systems!



Conquer Paper Using Action Pad™

Easily sort, process and activate your incoming and inactive paper piles using this custom-designed post-it pad. With it, you'll define the very next action you need to take, estimate the time to complete it, and schedule a time to do get it accomplished. I developed the Action Pad™ for my Power

a contributing author in a new book called **The Unstoppable Woman!** Stay tuned for more details!



Check out Sane Spaces [Blog](#) posts for July & August!

I've been blogging about subjects that keep resonating for me and my clients. In August I'm featuring blog posts on the attributes of "flow". (See excerpts from three recent blog posts below!) If you like, you can click [here](#) to sign up for the RSS feed and have the tips emailed to your inbox.

As always...please feel free to comment, forward or share any Facebook posts from the Sane Spaces Fan Page! I am always excited to broaden my reach and get to those whom I can help most!

As the rest of the summer heats up - stay cool - accept what comes your way, breathe in the moment and be grateful. Thanks for being a part of my journey! Here's to your sanity!

Cena

Happy Home a.k.a. Why Sane Spaces Exists...

One of my personal goals (and challenges) is to find balance with my work, personal and family life. While building Sane Spaces over the past four years, I've had many ebbs and flows with work balance (sometimes I do this better than others!) This summer, I'm really trying hard to take time off while keeping my work days reasonably productive so I can enjoy time with my family. Getting some help from a great support group is the key. I have an awesome Virtual Assistant (which means I don't really see her, but work gets done), as well as a couple of helpers closer to home. And, I would be remiss to not mention my own family who tries to support me any way they can!

As a result of spending time on my OWN Support Dimension, we enjoyed 8 days away on the Carnival Miracle! An outstanding ship, crew and adventure! We shared some wonderful time with my hubby's family while aboard!

We're also doing our best to squeeze in a short jaunts to VT, DE, NY, Boy Scout Camp, visits with family and friends, and some time at both Hershey Park and the shore before summer is over! Also, my hubby and I signed up for the Shawnee Mountain Mud Run - a 5k/Obstacle course with another couple. At the end of the run - we'll donate our shoes (and used tees) to Soles4Souls! Learn more about how you can make a difference by donating **your** used shoes to Soles4Souls [here](#).



All geared up to fly through the rainforest canopy in Puerto Rico!

Office! workshop, and it helps you process decisions when you first handle the paper to avoid postponing them and creating more piles! Once a paper is activated, it is easy to complete the necessary tasks because you've already processed what's next, estimated how long it will take, and assigned a task owner. Get more productive instantly using the Action Pad™ to process both incoming papers and finally sort through endless paper piles easily and efficiently.

Get Sane!

If you'd like to have a conversation about getting sane at work or at home, or if you're interested in hosting a seminar for your corporate or special interest group, please contact me at cena@sanespaces.com. I look forward to hearing from you.



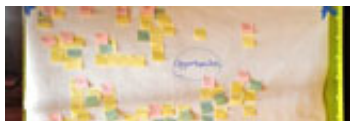
Got Used Shoes? [e](#) likelihood of convert



Just a reminder to donate your gently loved shoes to Soles 4 Souls. This international organization is being supported by Organizers around the globe who are accepting used footwear to support people in need around the world. Click [here](#) to learn more. OR If you have used shoes and live close, drop them by my place... I have a collection box in the garage!

To learn more about NAPO or NAPO NNJ - come to one of our local chapter meetings held the fourth Monday of each month in Fairfield, NJ.

Inspiring Thoughts:



Dump Your Bucket to Get Productive

The best strategy for me to de-stress and unload is to use Post-It notes to empty my brain of all my ideas. I call this "dumping my bucket" or "brain dumping." I write one idea per notepad and then stick them individually on my office wall. [more](#)



Transformation = Finding Flow

I'm working on a big project. I believe strongly that the result of this work will fundamentally help people get clear and out from under whatever is stopping them in the dimensions of their physical space and their use of time. [more](#)



Acceptance

"Acceptance" is about quieting that inner critic, clearly recognizing and accepting who you are, what is happening in the present moment, and regarding that experience with compassion. What would it mean to you to open yourself to your reality? What about opening to the reality of others? [more](#)



Time to Toss It!

Inside you'll find guidelines on everything in your home from beauty products, to kitchen supplies and when items are ready to throw out. You'll be surprised at the shelf-life of most products. If it's time for you to de-clutter, refresh and renew

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