

# Life Simplified Newsletter

The art of putting it all together.

July, 2008 - Vol 2, Issue 1

Hi Jennifer

*From the desk of Jennifer Vondenbrink*

Summer's here! Soon we'll leave for our annual vacation to Michigan. My father, nephew and I plan to drive...for 16 hours! I usually fly, but it isn't the same experience. When you drive you need to plan ahead, get directions, and have the car checked...I started to think.

When we plan, we put our goals on paper, and we start to visualize the end result. This positive energy moves us forward with less stress.

A plan gives us the opportunity to savor the moment. Like a road map, we check it for directions. Then we can sit back and enjoy the scenery.

Don't stress about making a plan, just do it. You'll find a sense of abundance when you are done.

I have my map for our trip and my plan for the summer. I'm ready to hit the road.

*Jen*

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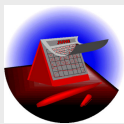
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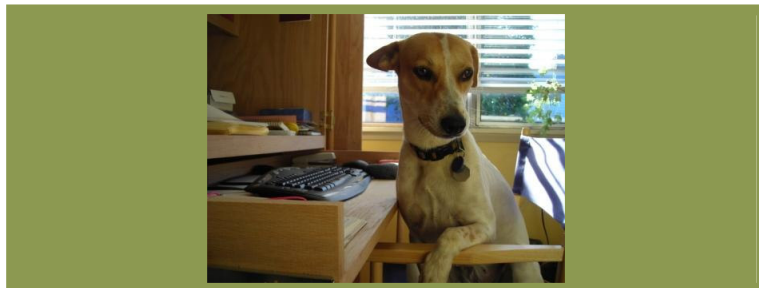
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## Calendar Updates



**Coming this fall:**

**Simply Organized Workshops** - the schedule will be posted in the August Newsletter



This is Maisie. She and I have been working on the [Life Simplified](#) website.

We created two specialized pages. Our goal was to simplify your life. These pages will contain articles, tips and links specific to your needs.

We'll keep everything organized for you. All the information will be archived. You can get it anytime. Check them out!

The [Business Center](#) is a resource for your career.

The [Family Room](#) is a creative resource to make the most of your family time.

We're also working on communities for each of these pages.

**New workshops/seminar** - more to come on these

Jen is available to speak to your group or organization starting this fall. Contact her through the [Life Simplified](#) website with your group's requests.

More to come!

### Quick Links

[Life Simplified Website](#)  
[Life Simplified Blog](#)  
[Words of Gratitude](#)

## Three Ways to Quiet Your Inner Critic

In order to create abundance in our lives, achieve our goals and unlock our creativity, we must start with how we talk to ourselves.

We have two voices; a cheerleader and an inner critic. When we change behavior, our inner critic can drown out our cheerleader. You may have seen the Wolf Appliance commercial about the woman and her inner critic. If not, click on this link: <http://www.subzero.com/video/nodoubt.html>

Has your inner critic followed you around all day and put doubts in your head? I know mine has.

Here are three things you can do to quiet your inner critic so you can move toward your goal.

- **Create awareness.** Our inner critic comes from a variety of sources. Maybe it's what you learned as a child or what you see/hear in the media. The first step is to become aware of your thoughts. For one week carry a small notebook with you. Stop several times during the day. Jot down your thoughts. Don't edit or judge. Just write down the words. At the end of the week go review what you've written.
  1. *What were your common thoughts?*
  2. *Did you notice any trends?*
  3. *What triggered your inner critic?*
- **Listen to your cheerleader for a change.** Once you are aware of your inner critic, choose one area of your life where his/her voice is loudest. Take a piece of paper. Draw a line down the center. On the left side list your critic's key messages. Then listen to what your cheerleader says. On the right side of the paper list the cheerleader's response. Notice how you feel when you repeat the cheerleader phrases.
- **Carry your cheerleader with you.** A touchstone is a tool that reminds you to listen to your cheerleader. Find something that invokes the cheerleader in you. Maybe it is a picture of someone, or a stone from a favorite beach. You could also post the key phrases from the previous activity in places where you look all the time; your bathroom mirror, your desk, your wallet. For three weeks keep your touchstone with you. Connect with it whether your inner critic is speaking or not.

By doing these activities, you will develop the ability to focus your thoughts. For more resources, check out these books:

[You Can Heal Your Life](#)- by Louise Hay  
[Life Is Short, Wear Your Party Pants](#)- by Loretta LaRoche  
[Stand Up for Your Life: A Practical Step-by-Step Plan to Build Inner Confidence and Personal Power](#)- by Cheryl Richardson

## What are you reading?

As part of the [Life Simplified](#) upgrade, I've added a [Library](#) page where I've posted what I'm reading along with several recommendations.

Email me what you are reading this summer. [jenvondenbrink@yourlifesimplified.com](mailto:jenvondenbrink@yourlifesimplified.com) Maybe we can start a book discussion on the [Life Simplified Facebook page](#).

*Jen*

[Life Simplified](#)

[www.yourlifesimplified.com](http://www.yourlifesimplified.com)

[info@yourlifesimplified.com](mailto:info@yourlifesimplified.com)

Have a space that  
needs simplifying?

Take advantage of summer's flexible schedules  
to get these projects done.

Want to find out how to  
use your time better?

Contact Jen to set up your **free** consultation.  
[JenVondenbrink@yourlifesimplified.com](mailto:JenVondenbrink@yourlifesimplified.com)  
(781) 864-1782

You're all set...how about **referring** a friend.