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Editor's Note

The waves of life and its accompanying emotions can leave us feeling unfocused and frazzled — and also teach us a thing or two if we're willing to listen. I must confess; I've been distracted this last month. My brain is tired - how could someone like me who has a balanced life, end up exhausted. And then it hit me.



Whilst my routine is in balance, my energy is not. I've been absorbing those who are living in fear. This showed up when my muscles ached, I couldn't concentrate, my business felt like it had more failures than ever before and my spirit was not as playful. I was being taught a lesson.

Thankfully I have a coach supporting me through my personal development. But not everyone has one. Not everyone is willing to listen and learn either. This led me to create a magazine about the root cause problems and symptoms.

Firstly, we are listening to fear driven content. More and more content starts with Covid. We can't escape for one minute without linking life to it and so we go back to Fear-City. Secondly, we are reflecting more. Life feels uncertain. Most are deciding if their career is what they actually want but feel stuck about what to do next. And finally, the vast majority of our readers have a chaotic home. Even with having more time, they're disorganised.

This month we crack the nut and dive head first. We have the incredible Poppy Duffree to help with home organisation, Vicky Grimstad helping us reset with holistic practises and Alex Verdiaz who helps us connect to our passion and purpose. Today is the day to take a moment to learn something new.

TAMMY WHALEN BLAKE
Editor-in-Chief



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guidance tips to start today

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DIY HOME
ORGANISING



Guiding professionals and business owners to rewire the overworked-mindset, to gain balance in life, without sacrificing success

CONTROL YOUR HOME ENVIRONMENT

Poppy Duffree
Owner of Organised
Interiors, a Bespoke Home
Organisation Service.

What's the big deal about organisation and why is it increasingly becoming more talked about?

Our home environment plays such an important role in how we feel day to day. If it's organised around our personal routines, then our home supports our mental health and saves us time. It creates space for us to think, be productive and allows us time for the things we enjoy.

One of the reasons I love working as a Professional Organiser is because I get to help people gain control of their environments and feel freer and lighter, which can be life-changing for people. The spaces and homes I work in vary greatly - from working on single areas of a home, such as a kitchen, wardrobe or home office, right through to overseeing a home move and unpacking and arranging all items.

When our home is out of balance - that is, cluttered and unorganised - it creates feelings of chaos, stress and being out of control. When we've got an external threat on our doorstep in the form of a pandemic, it's more important than ever to keep our spaces calm so that we feel safe, can be productive when we are working and relax in our downtime.

Many of us have been thrown into the realms of working from home as a result of lockdown - meaning new routines have had to be formed



and our space has had to accommodate more activities.

The fact that our homes now have to serve as both office and living space means finding separation is crucial. We should be aiming for a space that is calm, easy to navigate and allow us to focus.

Let's break down some of the reasons as to why an organised home contributes to a happier, more productive life.

Firstly possessions take up our time; they need looking after, moving around, re-organising, fixing and then ultimately – disposing of. This can be stressful as well as costing us money, causing feelings of overwhelm and lack of control. This doesn't mean that minimalism has to be the answer, once your belongings are organised, everything has a home. Once everything has a home it's stored correctly and less likely to get broken. You're also far less likely to lose an item and spend time looking for things because it will be in its set place.

Secondly, clutter is a constant drain on our minds. Our brain is constantly scanning and processing everything around us, so if there are lots of objects around, it has to work



harder. All that wasted energy can leave us feeling tired, exhausted and feeling less motivated to complete other tasks.

Maybe you see these beautiful pictures of homes, wish that your space was similar and wonder how you can achieve that? Well, you absolutely can achieve this – it's just about discovering what works for YOU as an individual. The consultation process I go through with my clients uncovers this by establishing what their key routines and personal priorities are and then building systems and storage solutions around that.

If you woke up every day feeling calm, organised and ready to take on the day, what could you achieve?

Poppy Duffree

Owner of Organised Interiors, a Bespoke Home Organisation Service.



www.organised-interiors.co.uk

***It's estimated
we'll each
spend 3,680
hours in our
lifetime
searching for
misplaced
items***

**"CLEAR SPACE =
A CLEAR MIND"**



LIVING A HOLISTIC LIFE

by Vicky Grimstad
THE VICKYSOUL ACADEMY

As we are influenced by the mass media and news pouring out from every angle, it is important now, more than ever, to adopt a more holistic lifestyle. We are led to believe that by following the restrictions set forward by the government, we will be protected from catching the virus; when, in fact, some of the measures put in place are creating results that are more negative than positive.

More and more groups of medically trained people are questioning the methods put in place as there still seems to be a rapid spread of the virus, around the world. As

different theories are surfacing there is no doubt that fear and stress, in combination with an unhealthy lifestyle, have a negative impact on our bodies.

There are discussions that 5G radiation is affecting our health, and at this point in time, there are not enough studies that can prove what effects this has, in connection to the virus and to our bodies.

We are seeing a huge increase in suicides, due to the fear of the current situation of the world, with the rise of anxiety amongst large groups of people in all age groups.

Vicky is on a mission to shift the human consciousness and be a part of creating a NEW WORLD

“It’s not about what happens to you, it’s about how you deal with it, and how your body responds in the process”

“The universe buries strange jewels deep within us all, and then stands back to see if we can find them.” — Elizabeth Gilbert

Whether or not we can prove any facts, it is vital now more than ever to maintain a healthy body and mind. Fear and stress create toxins in our body and the production of cortisol rises; in the long term, this has proven to have detrimental effects.

By adopting a new way of thinking and letting go of fear through meditation, yoga, and connecting to nature, it enables us to balance ourselves and ignite a new relationship in dealing with the chaos around us.

Our thought patterns have a major effect on our body; negative self-talk is one example of how you can develop dis-ease as it manifests in our bodies physically. It's the same as if

you surround yourself with negative people, it will affect your mindset and you can be drawn into living in a state of fear that is, in fact, a lower vibrational frequency in your existence. If you understand that this is in fact happening, you are also able to change it.

More and more people are paying attention to ways of maintaining balance, and there has been a huge increase in meditation which is proven to calm the nervous system and balance your thoughts; this means that you are actually in control of what you are thinking and can stop the negative impact it has on you.

The word holistic is described as dealing with the whole - the individual's intellectual, emotional, social, physical, artistic, creative, and spiritual potential. By having a clear understanding of this, you are able to create new neural pathways in your brain that will build new healthy habits and create your circumstance, because you are in control. Our bodies have incredible immune systems that create antibodies to fight any illnesses, however, you need to give your body the fuel it requires to be able to respond and be resilient.

We are living in a world that is in constant change, and your ability to adapt with a positive mindset is crucial to maintain balance. At [THE VICKYSOUL ACADEMY](#), we teach you methods of how to develop a holistic lifestyle and the impact this has on your everyday life. We have designed meditation programs and offer one-to-one coaching to develop your ability to live a life of high vibration filled with happiness, contentment, joy, and positivity.

At our retreats, we offer a 3-day program to develop your understanding of your conscious mind, educate and introduce you to holistic methods and ways of thinking. We work with the emotional code and trauma release and uncover how you can develop spiritually and awaken your soul's purpose.

It's not about what happens to you, it's about how you deal with it, and how your body responds in the process. Our mission is to inspire and ignite the change in human consciousness, and we are dedicated to helping you develop and explore your spiritual journey.





DISCOVER YOUR PASSIONS & PURPOSE FOR YOUR NEXT CAREER

Alex Verdiaz

The top reasons why we wish to leave our current job or career are lack of fulfilment, more pay, better work-life balance, or are in a toxic environment, and now Covid related.

When we decide that yes we do want to leave our current job/career we are most likely in an environment which does not serve us anymore and this creates a plethora of negative feelings and emotions.

THE LONGER WE STAY IN THIS ENVIRONMENT THE MORE WE LOSE OUR SELF-IDENTITY, LOSING THE CONNECTION TO SELF AND WHO WE ARE.

Having a job, a career which encompasses your passions and your purpose allows you to feel happy and fulfilled with what it is you are doing. You get to love what you do and do what you love.

Uncovering what are your passions and what is your purpose for many is a hard enough task,



yet doing this whilst you are not aware of who you are; unsure what values you hold, what is it important to you, what does matter makes this task a lot more difficult and for some, giving up and not discovering their passions and purpose is likely.

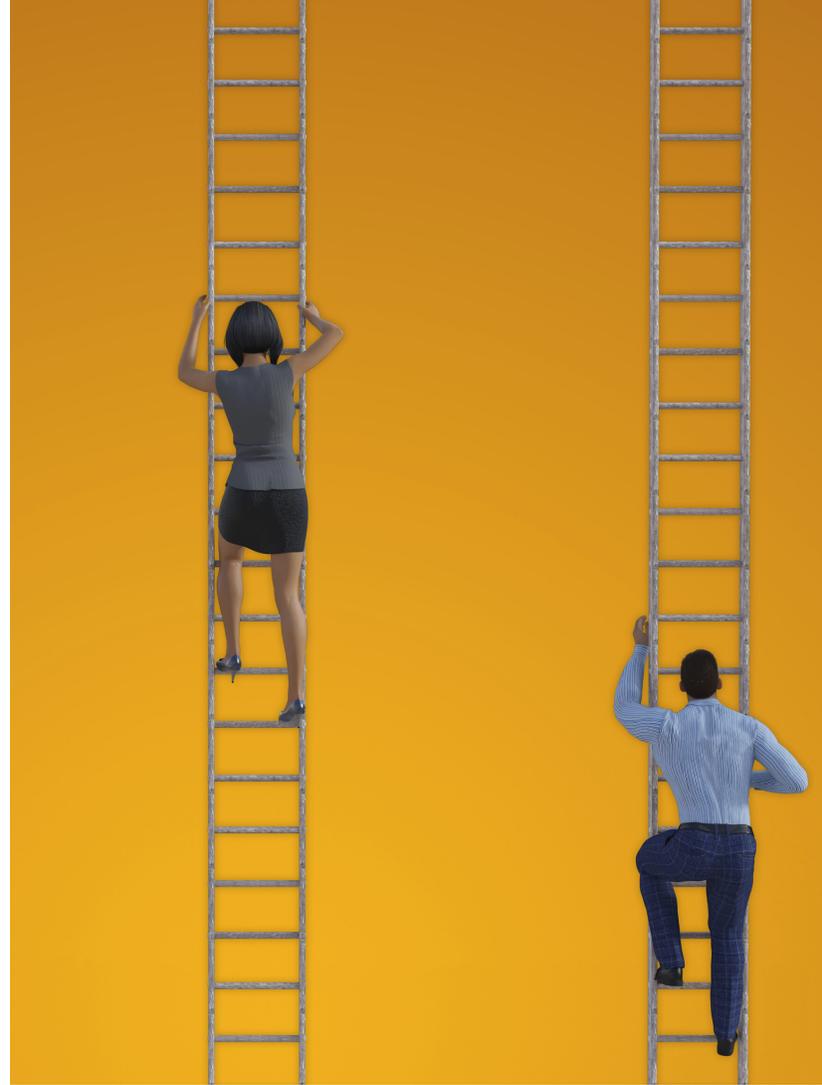
As passion is an intense feeling we get from doing something, feelings of joy, excitement and enthusiasm and purpose is the reason for why something is done, it is the why behind our work when you reconnect to your true self and identify who you are first, makes discovering your passions and purpose a lot easier, quicker, and enjoyable.

Completing a value elicitation exercise and identifying what is most important to you in life, what you cannot live without is the best way to begin connecting to yourself so then next when you ask yourself the questions to get the answers of what it is you to do love and what is so meaningful it stems from true you.

These questions need to create self-awareness of what does motivate you, what your dreams and aspirations are, to look at the experiences you have had in life, and what is your higher calling.

An example of these types of questions can be;

- **Which of your traits and attributes stand out the most?**
- **What activities invigorate you and make you feel alive?**
- **What accomplishments are you the proudest of?**
- **What are the ways you enjoy helping others?**
- **What have your past failures prepared you for?**
- **What issues do you care about the most?**
- **What problems would you like to solve?**



What is also very beneficial is having new experiences, so try that new activity you have been wanting to do, go to that “meet up” and surround yourself with new people and new conversations, this is the practical side of discovering more about you, whilst having a little fun along the way.

It does take time to discover your passions and purpose, yet the more you can connect to yourself and take time to discover more of you, the more on track you will be to getting this result and then identify what next job/career will encompass this.

“CHOOSE A JOB YOU LOVE AND YOU WILL NEVER HAVE TO WORK A DAY IN YOUR LIFE.” - CONFUCIUS



DIY HOME ORGANISING

Take a look our favourite influencers who teach you how to organise and clean your home.
If you want the organising work done for you, connect with Poppy Duffree below

www.organised-interiors.co.uk



VASSEURBEAUTY

currently mostly making lifestyle videos on DIYs, home organisation, cleaning, budgeting, healthy living and more home and family topics.

CLICK HERE



PICK UP LIMES

One of the most calming youtube personalities you'll ever watch. She focuses more on minimalism rather on organising.

CLICK HERE



TIDYING UP

Netflix: In a series of inspiring home makeovers, world-renowned tidying expert Marie Kondo helps clients clear out the clutter -- and choose joy.

CLICK HERE



CLEAN MY SPACE

Across the Atlantic, Toronto-based Melissa Maker has more than a million subscribers to her YouTube channel, Clean My Space,

CLICK HERE



THE QUEEN OF CLEAN

dubbed TV's "Queen of Clean", with regular slots on This Morning, some 184,000 Instagram followers and now a new book called The Easy Life

CLICK HERE



RACHELLEEA

is all about motivation, organisation and productivity! Her style and videos are beyond visually satisfying.

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TIPS FOR ORGANISING YOUR HOME

Motivation? Gain time - Gain physical space - Gain mental clarity - Reduce spending by avoiding duplicate purchases
BY POPPY DUFFREE

Create a list of benefits that you personally will have if you were to organise your space



**TACKLE ONE
AREA AT A TIME**

Organise like with like (e.g. all clothing at once)

**GIVE YOURSELF
ENOUGH TIME TO
COMPLETE EACH
ROOM OR SECTION
IN ONE GO**

Put uplifting music on when you organise to keep you motivated

**INVEST IN STORAGE
THAT PROVIDES A
STRUCTURE FOR
YOUR SPACE**



Be realistic about how you will maintain the space going forward. This should work you in the long term



**LEAVE
PAPERWORK AND
SENTIMENTAL
ITEMS UNTIL LAST**



POSITIVE
MIND



POSITIVE
VIBES



POSITIVE
LIFE

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