

Living With Intention | December 21, 2004  
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Greetings,

Welcome to the inaugural issue of **Living With Intention**, brought to you by [Applied Insight](#). This monthly ezine is designed to help you create a wildly fulfilling and remarkably successful life - on your own terms.

Thank you for joining us and for sharing this resource with others. Our goal is to make this publication practical, easy to use and life changing. Ok, we know that's no small task, so we figured it would be a lot easier if we asked our readers what they'd like to see in a publication like this, and we listened.

We've created **Living With Intention** to offer practical information and a source of gentle inspiration to try something different. It's a free and customized tool to help you design a life you love. If you haven't already, we invite you to subscribe today at <http://www.appliedinsight.net/subscribe.html>.

Ok, enough of the background stuff...let's get to the good part.

This issue introduces the concept of savoring-one topic in a series of articles to help you live a life of authentic happiness. Our other feature article serves up organizing tips from the experts. And don't miss the quick overview about how one woman and some really great chocolate can change the world (look for how you can get a complimentary \$10 coupon!).

Again, thanks for joining us. Enjoy!



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**Ideas for a Wildly Fulfilling Life...**  
**On the Road to Authentic Happiness: Savoring**

It was nearly 1:00 a.m. in the midst of a particularly ruthless poker game on the first Thanksgiving weekend I spent with my husband's family. That's when I uttered the words I'm sure I'll never live down.

I'd spent most of the evening carting around an enormous block of cheese from a now

defunct dairy in Wisconsin (I had to specify this because I knew I'd get scads of emails asking where people might find this life-changing cheese. The sad truth is you can't, which proves that the world is sometimes cruel and unfair). As I sliced another paper-thin piece and held it to my tongue, I innocently thought to myself "this cheese makes me happy." It proved to be one of those awkward moments when you realize you've just audibly shared thoughts that you intended for your own internal enjoyment.

I looked up a bit horrified to find every last bloodshot, poker-worn eye staring blankly at me for one very long, very quiet moment before the room exploded in laughter. After that, every time I showed even the slightest fondness for anything new, one of my loving family members would ask, "yes, but does it make you as happy as that cheese?"

Embarrassment and life long torment aside, what I now realize is that my cheese foray was actually a form of one of the healthier ways to increase pleasure and happiness in the present moment. Yep, science has a name for what I now refer to as "the unfortunate cheese incident." Researchers in positive psychology call it "savoring" and they say it's a good thing. So there.

Basically, one of the best ways to enhance pleasure and happiness in the here and now is to savor pleasant experiences. Whether you're enjoying a sunset, a chocolate truffle, a musical masterpiece, a decadent massage, a new fragrance, a deep breath or fabulous belly laugh, you'll harvest more joy if you stay present in the moment and bask in it thoroughly.

The problem is that we tend to race through our days and our lives in a distracted mess of too many to-dos. Instead of a quiet moment of connection, reading a book to your child can feel like just another thing that needs to be done; instead of noticing the beauty of the turning leaves, the walk to your car tends to be mental prep time for a frenetic day of activity; and instead of closing your eyes and taking a deep breath and silent moment of relaxation, we often turbo charge even more tasks into an already overstuffed schedule.

The cool reality about savoring is that it's easy to do and it's absolutely free. What could be better than something free and easy? Except maybe a gigantic brick of creamy cheese. Ok, enough about the cheese and on to the practical steps. Here's how to savor:

- **Learn how to savor.** Savoring is all about being in the moment, so stop everything else you're doing-even if only for 30 seconds-and really focus on an experience you're having. For instance, try immersing yourself in that first cup of coffee (or at least the first couple of sips)-enjoy the scent, the heat, the taste and the memories you associate with it. Filter out all other senses and focus exclusively on this one...what do you notice? Being in the moment enhances pleasure in more ways than you'll ever know.
- **Make a daily habit of savoring.** Once you've mastered the savoring skill, identify one activity or opportunity each day to savor with abandon. Consider both ordinary and special events-savoring the smell of morning dew on the grass can be just as powerful and potent as the smell of success that comes from a new promotion. Savor a range of delights.
- **Space out your pleasures.** Too much of a good thing is...well...too much of a good thing. Our synapses crave novelty and our nerves like newness. That's why it's important to experience different types of pleasures all the time and to space them out over time. This is why a massage feels best if you haven't had one in a while and why your favorite CD gives you more chills if it's been a month since you've listened to it. So mix it up and keep it fresh...keep those pleasures coming at random intervals.
- **Try your hand at collective savoring.** Pleasures can be dramatically heightened when they're shared with others. A fabulous meal just tastes better when you're sharing it with someone else, and a walk through a beautiful park takes your breath away with a fun companion at your side.
- **Don't stop at savoring.** Savoring is a step in the right direction, but it's only one element of joyful living. Next month's issue of **Living With Intention** focuses on more sweeping ways to enhance lasting fulfillment and authentic happiness. So start savoring today and get ready for a few creative "next steps" next month!

## The Experts Share Four Sure-fire Organizing Tips

Organized. That's one word most people wouldn't use to describe me. I aspire to be totally organized but in reality I only succeed in a couple of key life areas. Fortunately, though, these areas are the ones that tend to count. At least for me. Here are a few sure-fire organizing tips from a variety of sources...the strategies I've actually been able to master and have made a profound difference in my day to day experience.

### ✓ **Your Files**

Julie Morganstern, author of *Organizing from the Inside Out* suggests that, instead of using typical manila 3-tab files, use colored file folders that correspond to certain life or project areas. For me, that means I use green files for anything to do with money, red for clients, purple for writing projects, teal for workshops I'm leading and burgundy for speaking engagements.

She also recommends using "straight line filing," with tabs on only one side of the folder (e.g., all on the right or left). These tactics make locating files much easier, especially when you're constantly adding new projects and files, which can wreak havoc on your spacing and alphabetizing. Remember, though, research shows that 80% of what we file we'll never use again. Be thoughtful about what you put into those colorful little receptacles. If you know where to find it when you need it (via a website or company), toss it rather than filing it.

### ✓ **Your Finances**

There are a few tried and true techniques for organizing your finances in ways that actually make sense and save time.

First, buy and use a good financial management software program (I recommend Quicken® or Quicken Small Business®). These programs make the process of tracking your spending and balancing your checkbook manageable, perhaps bordering on pleasant (ok...maybe I'm going too far here). The software does all the thinking and sorting for you, a feature many of us would like to see in more areas of our lives.

In addition, purchase a small alphabetical "check" file and a large alphabetical accordion file for both office and home. The "check" file allows you to sort receipts by vendor/store name and the accordion file makes it simple to sort paid invoices and bills by business name. Doing this keeps all of your financial records within arm's reach and saves you hours of searching for that missing invoice or lost receipt. It also makes filing taxes a heck of a lot more tolerable.

### ✓ **Your Desk**

In the book *Organizing Plain and Simple* by Donna Smallin, an organizing expert suggests setting up your desk or work area in concentric circles, with you at the "bull's eye" and all of the things you need to do your work in increasingly larger circles around you. The items you use most often should be in the circle closest to your body-for me, that's the phone, computer, notepads, pens and printer. Things you use less often should go in the outer circles where you need to reach further for them-for me, that's the phone book, stapler, envelopes and resource folders. This is ergonomically friendly (repetitive strain be gone!), as well as more efficient.

### ✓ **Your Time**

Steven Covey says less than 20% of people start their day with a plan. That's why we tend to reach the end of our days and wonder where all the time went. Studies show that spending a little planning time makes it far more likely that you will achieve your goals and enjoy the process of reaching them. This basically means spending 10 minutes at the beginning of each week outlining your top 3-5 goals for the week and which days you will focus on those projects.

It also means taking 5 minutes at the beginning of each day to outline your 3 biggest deliverables for that day-write them down and schedule adequate time for them into your planner. These short bursts of planning time will lead to long-term success and sanity.

Remember that sweeping changes start with single steps. Select one organizing principle,

## Resources That Will Change Your Life

### Books and Websites

- *Authentic Happiness* by Martin Seligman. An outstanding overview of what makes us happy and practical strategies for increasing joy and contentment long-term. Seligman is the guru of positive psychology and rightly so. My clients love this book and have repeatedly told me "this book changed my life."
- *The Joy Diet* by Martha Beck. A great read by a wonderful author. She serves up a "diet for the soul" of 10 daily practices that help infuse more joy in your life. Beck's writing style is both witty and practical, a nice combination that makes her books fun to read and full of opportunities for life change.
- *Organizing from the Inside Out* by Julie Morganstern. An excellent, practical and simple process for organizing your home and your life. Morganstern has developed a proven system that works for ordinary people like me.
- *Organizing Plain and Simple* by Donna Smallin. A comprehensive collection of organizing ideas, including a series of quotes and suggestions from organizing experts across the nation.
- Log on to [www.authentichappiness.org](http://www.authentichappiness.org) for a wealth of *free* resources on increasing happiness. You'll find online assessments that help you track improvements in life satisfaction over time, the latest research, and a free newsletter on authentic happiness principles.

Purchase these books through **Amazon** | [Here](#)

Purchase these books through **Barnes & Noble** | [Here](#)

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### Events

- *Authentic Happiness: The Art and Science of Joy and Fulfillment*. A women's workshop designed to help you build more bliss and foster more fulfillment in your life. Wednesday, January 19th from 6:00 p.m. to 9:00 p.m., Spokane, WA. Log on to [www.appliedinsight.net](http://www.appliedinsight.net) for more details and to register.
- *What to Do, What Not to Do: Proven Ways to Spark Peak Performance and Exceptional Outcomes*. A workshop designed to enhance energy and focus while yielding outstanding personal and professional results. Friday, January 28th from 9:00 a.m. to 4:00 p.m., Spokane, WA. Log on to [www.appliedinsight.net](http://www.appliedinsight.net) for more details and to register.
- *Pause and Play Getaway: A Weekend of Fun and Friendship*. Join us for an unforgettable weekend. From laughter to learning to relaxation to connection...you decide. Do as much or as little as you'd like. For details and a chance to win a free gift certificate, log on to [www.pauseandplaygetaway.com](http://www.pauseandplaygetaway.com).

## Women Making a Difference...

### Proof that Chocolate Really Can Change the World

Those who know me are painfully aware of my chocolate addiction. In fact, I'm eating a truffle as I write this. No lie. In any case, because of this obsession I was thrilled to meet Carrie Brown, affectionately known as The Chocolate Lady. Recently I've decided that her business is proof that chocolate really can change the world.

Carrie has launched [www.wishingstargifts.org](http://www.wishingstargifts.org), an online shopping venture that offers

fabulous, fresh chocolates and gorgeous gifts. Aside from phenomenal chocolates of all shapes and sizes, she's gathered a great collection of gifts-gourmet foods, coffee, tea, flowers, jewelry, and personal products to name a few. Better still, a portion of all proceeds go to the Wishing Star Foundation to help make dreams come true for children with life-threatening illnesses.

This is not a paid advertisement; it's a recommendation from an avid (or is that rabid?) fan! I encourage you to visit her website and shop around. And, as a special offer to **Living With Intention** subscribers, if you send an email to [wecare@wishingstargifts.org](mailto:wecare@wishingstargifts.org) with "Coupon Please" in the subject line you will receive a complimentary coupon for \$10 to spend at her wonderful store.

All the best,



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