

totally orderly, llc

"Organize your way to success."

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PACIFIC NORTHWEST ORGANIZING EXPO

The 2010 Pacific Northwest Organizing Expo is just days away. I will be there, and so will lots of my friends and colleagues. Here are the details:

Saturday, January 30, 2010

10:00 AM - 3:00 PM

Montgomery Park

2701 NW Vaughn Street, Portland, OR 97201

FREE Admission!

Door Prizes!

[Email](#)



JOIN ME!
at the

2010
PACIFIC NW
ORGANIZING
EXPO

I'll be there!

January 30, 2010

Montgomery Park

10 AM - 3 PM

- Products
- Tips
- Ergonomics
- Ask the Expert
- Door Prizes

Is **ADHD getting in the way** of your ability to get organized? Stop by and see me at the [Totally Orderly](#) table for the latest trends and resources on [Organizing with ADHD](#). Enter my drawing to **win a huge basket** of office organizing supplies!

Do you have a **pressing organizing question**? Professional Organizers from the [National Association of Professional Organizers Oregon Chapter](#) will be hosting the "Ask the Organizer" table.

Are you finally ready to **install custom closet systems**? I did this last year, and it changed my life! Say hello to my friend Jeff at the [Closets to Go](#) table.

Curious about how to *responsibly* recycle your stuff? My colleague Mark will be hosting the [Deeper Shade of Green](#) table.

Is your office a **pain in the neck** - literally? Colleen Harris of [Harris WorkSystems](#) offers the *best* in ergonomic furnishings. Stop by her table and try out some funky chairs.

Does your **home decor** need some sprucing? My pal Angie from [Home Street Design](#) is a redesign expert. She'll be there!

Time to get those **recipes** organized? [Inside the Box Organizing](#) will feature the Recipe Relish products.

Can't get your **car in the garage**? Dan Ruden will be hosting the [Monkey Bars](#) table. Very creative storage systems for the most used room of the house!

Tired of stretching to the **back of your cabinets**? My friend Frank with the [Pull Out Shelf Company](#) can convert nearly any cupboard into an organized dream.

- Free Admission!

Considering a new career? My gal pal Anne Blumer owns The [Professional Organizer Training Institute](#), and she can teach you everything you want to know about being a professional organizer!

Is **time management** a battle for you? Kathie England of [Time for Success](#) offers the best in coaching services.

And if that's not enough, check out some of our other exhibitors:

[Costco!](#) Seriously, Costco is going to be there!

[Design with Joy](#): professional wardrobe consulting services for women

Charlie and Sons Hauling: affordable trash disposal and hauling services

Purseslip: organize your purse simply and beautifully

[Real to Reel](#): preserving your lifetime memories

[Send Out Cards](#): send cards automatically!
...and more!

I'll see you there. Please [send me a note](#) and tell me if you're coming!

Have You Met My New Puppy?



Dasher, the newcomer to my family, is the *least* ADHD member of us all! I wrote about him in my blog [Organizing with ADHD](#).

Santa left me the most adorable Labradoodle pup this year. He's covered with chocolate

brown curls and has amazing green eyes. His arrival ended a five year "I'll never own another dog" phase. My previous pooch, a Lhasa Apso, was described by me, family members, groomers, trainers and even dog therapists as: stubborn, ornery, dominant, aggressive, un-groomable, and un-trainable. I loved her, but when she passed away, I welcomed the break and revelled in my dog-free life. [Read more...](#)

The Daily Dozen A Month-at-a-Time



Here's an idea if your New Year's Resolution had anything to do with living a more healthful

life. Practice one habit for an entire month, then continue practicing it and add another one, too. By the end of the year you will surely be skinnier, healthier, happier and living an all around great life!

January: Drink at least 4 glasses of water every day.

February: Eat a piece of fresh fruit every day.

March: Eat a fresh vegetable every day.

April: Exercise for 10 minutes or more every day.

May: Take a multivitamin every day

June: Visualize optimal health every day.

July: Eat another piece of fresh fruit every day

August: Eat another vegetable or salad every day.

September: Say a positive healthful affirmation every day.

October: Weight train for 10 minutes every day.

November: Give thanks for something every day.

December: Give yourself one tiny treat every day.
(It doesn't have to be food.)

Give it a go, and tell me how it works for you!



Wishing you a productive, successful, well-organized day!

Sincerely,

totally **orderly, llc**

Danielle Liu
Totally Orderly, LLC

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