

Productive to the Max

Productivity **P**erformance **P**rofitability

Ann Max



Website Strategic Solutions Coaching Speaking Media Center MaxTips! Contact Us

January 2014

Simplify Your Life

Happy New Year and welcome back to some element of normalcy after the holiday season.

Whether you celebrated or not, these past few weeks no doubt have offered a change from the daily routines of the year. It also provided a time to reflect on what you have done in the past year and what your hopes and fears are for the year ahead.

Mike and I had an opportunity to spend time with our daughter and son-in-law and the grandchildren, ages 1 and 3 near Kitchener Waterloo. Snow squalls, whiteouts, power shortages and stormy weather are a daily occurrence and travel over long distances is the norm. But the area also has a rugged beauty and peace all it's own and the delight of the children as they spied some Christmas lights and decorations on the awesome landscape made up for the trials of the weather. Country living may not be suited for everyone but we can certainly understand why people want to live in a peaceful, restful, simple and calm environment. All you have to do is travel to Toronto to understand the

Hello and Welcome to 2014!

A lot of people start the New Year with some resolutions or plans for improvement and change in their life. At Productive to the Max we are very excited to ramp up this year with weekly blog postings on a variety of topics. Our continuing research has produced a plethora of information which we organize through the Evernote application and we are delighted to have started off with the posting [Be Yourself - Everyone Else is Taken](#).

If you like what you read, please sign up for the weekly blog posting. Regardless, you will still remain on the contact list for the monthly Maxtips newsletter like this one. We invite you to submit requests on topics of interest. We will address them whether in the blog or in the newsletter. We wish you a year of reduced stress, timely accomplishment of goals, streamlined processes and more control over your life and your organization.

Our previous blog posts can be read [here](#).

Ladies - Have you taken the LEAP?

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difference in lifestyles. Simplicity is very inviting.

One of the easiest things you can do to make your life easier is to simplify. This not only relates to reducing clutter, but also things, people, emotions and behaviors that are not adding value. We tend to forget that fixating on the past, not letting yourself grow, encumbering your mind with too many ideas and creating too many choices also makes life difficult. You need more time and space to make decisions more quickly.

Take a good look at your life. Make a list of everything you would like to simplify. Start with your environment because when it is neat and tidy and not overwhelming, then your ideas to reduce the clutter in the other areas of your life will flow more freely. If you haven't worn it, watered it, talked to it, read it, looked at it, made love to it, used it in a year, get rid of it...or pass it on to others. Then move on to people, determining what role they play in your life and if it is a positive or negative experience. Take steps to rectify the situation.

Since your emotions and behaviours determine your reactions to both your environment and your relationships, once they are simplified you can move on to those feelings and set a plan to deal with them.

What, to you, is the most difficult area of your life to simplify and why?

We would love to hear from you!

LEAP (Life Enhancement and Productivity) peer-mentoring sessions for women combine the best of networking, coaching, mentoring and mastermind processes to help you increase self-confidence, improve performance and enhance your quality of life. Share challenges and frustrations, learn from the experiences of others and develop new skills and strategies.

Be part of the energy and interaction of like-minded women and the experience of Ann Max at our February Luncheon. No ongoing commitment is required. LEAP meetings are open to anyone who wishes to participate. Just register and come.

Join us at our next meeting to explore making the most of family relationships

Thursday, February 6, 2014

11:30 am-2:00 pm

at

Traitoria Caffè Italia

254 Preston Street
(in the heart of Little Italy)

Registration is only \$35 (plus HST)

For more information and to register, click [here](#).

Save the Date for LEAP Events

Wednesday, March 19, 2014, After-work

Forward to a friend

Join the mailing list

Thursday, April 3, 2014, Breakfast

Wednesday, May 7, Lunch

Wednesday, June 3, After-work

For more information on the
LEAP Program, click [here](#)

Join Ann at the
No Excuses - Transform Your Life
Telesummit

What if you could look into the minds of successful experts and pull out what you need to create your own vibrant life? Imagine finding real solutions to nutrition, fat loss, money, emotional health, eating psychology, the mind-body connection, sexuality, fitness, business, relationship and more!

Because you are important to me and I know you want optimal life for yourself and your family, I am excited to share with you a once-in-a-lifetime gift that could transform your outlook on life.. [Link](#)

Sincerely,



If you are subscribed to [Maxtips!](#) you will automatically receive the updated information.
To access the latest information check our [website](#) or paste <http://productivetothemax.com/leap-home/> into your browser.

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