



## 'Just a few minutes' can keep you sailing along!

A client told me that the only time in his life when he was organized was when he was on his sailboat. No matter how messy things had become, when they were ready to tie up, they took 'just a few minutes' to put things back in place. Ship shape, you might say.

Was it because he had changed? Did he have special 'boat organizing' talents? Maybe it was because he made it a priority. He knew how important it was to be ready to find things quickly in case of darkness or a storm. Of course, he took pride in his boat and in his sailing (The coiled rope on the dock is a must!): how it reflected on him, how it made him feel, how having things in place kept him safe, and how much faster (and fun) it was to get going again.

*He didn't say he was tired, or late, or hopeless - he just did it, every time.*

So commit to leaving the last 5 to 15 minutes of each day to put things back in place. Even if you're not finished, tidy up a bit, so you feel better when you walk in the next day, and you'll be more productive. It's amazing what a few small actions can do, even if it's only straightening the stacks of paper (although if we've worked together, you know there's a better way).

To be more organized, we have to know it's important, and make it a priority. Spending just a few minutes each day can give a real **Productivity Boost!**

### **The Value of Soup**

Can soup help you be more productive? Well, I'd say "could be!" At the very least, I think it contributes to the quality of life. All this, about the humble pot of soup!?!

Often people lament the time it takes to prepare a good meal, or even to eat out. Of course, we don't want mealtimes to be rushed—they should be islands of peace in a busy day. Fall, Winter and Spring soup is a mainstay in my life. (In Summer, salads take over, although there are some great cold soups.)

How comforting to have (homemade) soup available. It's surprisingly simple to make, and you then have multiple meals that are

- Quick/instant (no preparation after it's made, and most soups require modest preparation time)
- Nutritious (a great way to eat more vegetables)
- Delicious (everybody loves soup)
- Convenient (heat & eat)

- Time-saving (multiple meals with no additional preparation time)
- Easy to accommodate various schedules
- Economical (other than lobster bisque...)
- Satisfying, yet "light"
- A meal in itself. Add a little bread, salad, or cheese and crackers, depending on how hungry you are.

The most important ingredient is quality broth or stock. Of course, it can be homemade, which I rarely do anymore. But even that benefits from enhancement with a quality prepared broth. I rely on Minor's concentrates, available at Gordon Food Service, Jungle Jim's and other specialty markets (in chicken, beef, ham, chipotle (!) lobster, etc.) It's chef-quality and made by Stouffer. It's easy to keep on hand in the refrigerator, and needs just a teaspoon per cup. Much easier than toting home heavy, bulky cans, although those work well, too. They enrich flavor and make good soup really quick and easy. Enjoy!

**To your Quality of Life,**

*Nancy*



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