

Services Overview Edition

Fall 2017 Newsletter - August

Services

Design and Scheme is so much more than an advice column. It exist to actively engage in helping our client create consistent change to enable them to reach their goals.

Don't forget to visit or website for a full list of our services.

One-on-one Mini Consult (online) - \$50 - in 90 minutes we will aim to lay out a blueprint to help your get on track and maintain your goals.

Group Consulting (online) -\$20/ person + - A session us to 3 hours on various organizing topics you choose.

Email [Design and Scheme](#) to book your appointment.

Your Fave Posts

- ★ [Give Yourself Permission to Regroup](#)
- ★ [Misconceptions](#)
- ★ [Basic Cleaning Schedule – Weekly Cleaning](#)



Let's Talk

Eco Talks

Every action you take today impacts the Earth future. It affects the resources available to you. It affects your health. We have been relying heavily on fossil fuels and heavily industrialized processes. [That impacts us from smog to polluted rivers and soil due to the way waste is disposed of.](#) We have also become very dependent on these processes, so we can't stop production, but companies have been looking at how their production impacts communities. There are now many policies in place to help control the waste that companies produce and how it is handle. In many cases those policies still need to be adjusted due the heavy impact companies place on the environment. That however does not mean that the consumer is powerless.

Have you considered what to do with waste that is in your home? Have you considered what goes on in landfills and how that waste also affects the environment?

I invite you to jump onto the recycling bandwagon. If you now longer have use for an item sell it, donate it, or give it away. If no one can use it in its current state recycle it. Most areas have recycling programs and some will even come to pick up materials. [Check with your city to determine what they recycle and what services they offer.](#)

It is important to note what can be recycled and work to reduce your use of materials that are not recyclable or for temporary uses. For example:

- Buy reusable tote bags for your groceries instead of using plastic.
- Purchase refillable water jugs and bottles.
- Reduce your use of paper products and buy products made from recycled material.
- Incorporate cloth napkins to replace paper towels.
- Reduce in print subscriptions.
- Purchase biodegradable deposal eating utensils and dishes when you need disposable items.

While it may seem like this has a small impact, it does help to establish change. Demand often makes products accessible, changing your habits is your personal activism, and the more people who do it allows companies to understand consumer needs and interest. You will also help yourself to be more informed about the products you use and where they come from.

Sustainability, recycling, and environmentalism are great marketing buzzwords for companies, but they are also terms that address the destruction that is being wrought for the production of our human demands.

Thanks you for listening beautiful people and econuts. Do you wish to speak more on this subject or have suggestions for the next eco talk? I'm on twitter @Shalysewb

Quarterly Activity

Create a Self-Care Ritual.

Going into the Fall season I would like for all supporters of Design and Scheme to build a new habit of self-care and self literacy.

My assignment for you is simple.

Write 5 activities that you can use to decompress yourself and relax your mind and body. Then write exactly how you feel it will improve you and your goals.

That's it!

An example of self care practices can be found in [Meditation: Setting you Foundation.](#)

To inspire and be inspired join the NEW Design and Scheme [online community.](#)

[Click Here to join our email list](#)