

Let's Talk

Life Design Consulting—Creating Your Vision

This is the outside force that while building your audits and plans with you so that you have a flexible blueprint, will be the support system you need to help you reach your goals.

The crux of the Design and Scheme mission statement is to assist our clientele is recreating what they envision their life to be while accounting for realism and challenges to completing as noted.

It is our job to be socially conscious and aware of the many issues that

face our clients – from socio-economic and political to health both



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physical and mental. We assist you in finding the professional help you need so that you feel confident in building the support system

you need and compiling the resources you necessary for every step in your life's goal setting.

Realism is not to say that what you envision cannot be accomplished. It means that we audit your time, priorities, goals, etcetera. All so that that you learn to prioritize yourself.

This concept is where the foundation of "Life Design Consulting" comes into play. We

analyze your abilities and determine to compensate for weaknesses and threats in each individuals situation.

Design and Scheme has

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Thank you for your input!

Every message, comment, and survey reply help our site expand and our services to be tailored to you.

* "Take Control of Your Time" is more streamlined and accessible and a lot more is coming!

IF you have not done so yet, don't forget to check the Readers' Survey and sign up for our email list.

S.W.O.T Analysis In Life Design

Strengths. Weaknesses. Opportunities. Threats. Those of us who practice business in any way may be familiar with this analysis and its benefits in goal setting.

This analysis is vital in determining the potential success of the activity or project that is implemented. In our personal lives, we can also apply this as a means to

Holiday Tips for Stress Relief

- * Pre-make your travel plan to account for last-minute mishaps, i.e., being late, misplacing items
- * Apply the capsule wardrobe to your travel plans so you can pack less.
- * Plans menus ahead if time.
- * Make your shopping list strategic. Don't wait until the last minute and check your supplies before you leave home.
- * Solicit helpers and give instructions in advance.
- * Space out the cleaning you need to do over the month or week before. Doing so prevents you from being overwhelmed and trying to rush through everything.



Eco Talks —

Tips for being more eco during the holiday season

...consider planning a thirty to sixty days of giving calendar ...



- * Reduce! Reuse! Recycle! – Save section of Newspaper to use for unique wrapping paper. Now we are not talking about haphazardly taking parts of the print and slopping it together. The sheets you save should be thought out, for instance, pick a single headline of interest to the person or keep the headline of a special day for you and the individual. Be creative and don't forget to top it with a bow after bundling the gift in twine or ribbon.
- * Don't bother wrapping. Just give each other your gifts. However, remember, just because you see your gift in a pile does not mean you grab it. Wait your turn. Enjoy the time with friends and family.
- * Emphasize the season of giving by doing charity work, volunteering for various community rebuilding events, or donating.
- * Next year, consider planning a thirty to sixty days of giving calendar with your family. (See the quarterly activity for instructions.)

CREATE YOUR LIFE'S DESIGN



DESIGN AND SCHEME

Phone: 214.810.1298

Email

Booking: shalyse@designandscheme.net

PR: designandscheme@gmail.com

D and S is the brain child of Shalyse Wright- Bethea. This was an experiment that took on a life of its own and has developed into a small online business that assist people in goal setting and habit development using the theory of Interdisciplinary Research. We practice multidisciplinary acknowledgement to promote and create healthy lifestyles for our clients. The goal of Design and Scheme is to primarily provide consulting services for events and professional organizing needs. We also discuss lifestyle topics focusing on veggie, ethical, and more sustainable lifestyles, which we feel ties into the overall theme.

Eco-Friendly Events and Organizing

Quarterly Activity— 30 days of Giving

www.designandscheme.com

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[Complete the Readers' Survey.](#)

[Read about seasonal purges.](#)

“30 days of Giving” is a periodic activity my household engages in as a reminder to give back, stay humble, and to remember that misfortune can happen to anyone. People don’t ask to live in poverty and be in a place where they have less than they need. If you happen to be more fortunate than your neighbor, there is no shame in demonstrating what it mean to have humanity and to celebrate community.

“30 Days of Giving” is a relatively straightforward activity to implement, primarily if you engage in the seasonal purges that we discuss on Design and Scheme.



For this project, you are taking your gently used clothes and other items and getting them prepared to donate. It is as simple as parting with one object that you do not need either because you are making space for the new in your life, have embraced the concept of living with less, or have decided to give. You can donate these

items buy saving them and giving them to shelters, charity events, or thrift stores.

Also, note that if you genuinely can’t find anything of yours to give, buying clothing and toys to donate are always appreciated by people during the holiday season.