



March 2010

Clean Communication and Keen Creativity Monthly Tips

Affinity, Re-discovery and Old Fashioned Communication...

February had me running with deadlines and working on different time zones. My circadian rhythms were completely out of whack for a while! Now that I'm back to my regular sleep patterns, things are smoother, easier.

I hope you like this month's topics on communicating with like-minded folks, letting go and energizing conversations. Just writing them was cathartic for me.

When deadlines loom, schedules are off and my office and home are a mess, I *have* to get back to the basics. My "basics" include coffee with friends, exercising, creativity and play.

What are *your* "basics"? A hot bubble bath? A leisurely walk? Silly jokes and puns with your kids? Cuddling with your significant other?

Whatever your "basic" is that keeps you grounded and feeling whole, take a few minutes to do it. *TODAY!* (Go on, schedule it in if you have to. You know you want to!)

So...whadda think?!

I'm still interested in hearing from you about the blog/newsletter topics. I want to give you content you value and find useful. Letting me know what you want (and don't want) helps me hit the target instead of throwing darts in the dark.

You can email me at Newsletter@MichelleZavala.com. I answer every email and truly appreciate hearing from you.

As always, thanks for reading and if there's anything I can do to help you, please let me know!

[Affinity simplifies communication](#) (February 10, 2010)

If you feel like you're not "connecting" with folks, maybe you need a group you have more affinity with. Communication and camaraderie are dramatically easier.

[Let go of your schedule to re-discover what's really important](#) (February 18, 2010)

If you're "scheduled-out," let go of the calendar and relax for a few days to re-discover the important things in your life.

[Easy communication clears out the cobwebs](#) (February 26, 2010)

Deadlines at work? Try a few minutes of good, ol' fashioned communication without a screen or keyboard in front of you.

Wishing you a Refreshing and Productive Day,



Michelle I. Zavala, Professional Writer

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About the Clean Communication and Keen Creativity Monthly Tips

The Clean Communication and Keen Creativity Monthly Tips eNewsletter is distributed during the first week of the month and offers communication and creativity/creative living tips. If you have a suggestion, feel free to email me at Newsletter@MichelleZavala.com.

Visit <http://blog.MichelleZavala.com> to reach the blog directly, or you can access the blog from the "My Blog" navigation at www.MichelleZavala.com.

Please forward this to colleagues or other business owners who would like to receive these monthly tips. To subscribe, click on the "Join my mailing list" link below or visit www.MichelleZavala.com.

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