



The *Guilt-Free* Times

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Greetings,

A few weeks back I had the pleasure of meeting America's Clutter Coach, [Cyndy Salzman](#). Cyndy is also an Author and engaging speaker. During our time together, she shared her ideas and tips on uncluttering our hearts and homes. Since many of the clients with whom I work struggle with managing their physical and mental clutter, my ears were especially perked and my pen flying across the pages. Below are some of the notes I took about Cyndy's **5 R's of Clutter Control**. Since it's a longer article, I've given you a brief overview of the information below with a link to the full article posted at my website.

For those who live locally, I hope you'll come out and join me at my next local event on Saturday, May 19th at Anytime Fitness in Lakemoor. I'll be sharing **5 Steps to Guilt-Free Fitness Success**. This is a F.R.EE event promoting health AND raising funds for **The Cystic Fibrosis Foundation!**

Lastly, I hope you'll take a look at the article that was published in the Daily Herald about my business. You'll find the link below "In The News" section. Wishing all you fellow Moms a **Happy Mother's Day!**

Cheers!

Victoria

In The News

Business coach teaches busy moms and dads how to reclaim time by Kim Mikus, Daily Herald Columnist - - Did you happen to see the article Kim wrote about The Guilt-Free Coach in the Business section of the Daily Herald May 8, 2007? If not, [click here](#) to read the full article.

Need a boost in living Guilt-Free and reaching your goals more quickly? Attend my next F.R.EE Teleseminar on **May 31st** covering my unique 8 Steps to Guilt-Free Living. It's F.R.EE, on the phone and over the lunch hour! [Click here](#) to learn more and register.

The 5 R's of Clutter Control

by Victoria Cook

As America's Clutter Coach, Cyndy Salzman has seen her share of disheveled heaps and cluttered homes. During her talk in Crystal Lake, she shared many tales of uncluttering her life and the lives of her clients. When working with my clients, the topic of clutter is often a hot one, whether the clutter is in mental or physical form. Today I'd like to share with you the insights I gained from Cyndy as it relates to physical clutter.

If you're feeling overwhelmed by your clutter or it's keeping you from the deeper connections with friends and family, take a look at the 5 R's to Cyndy's Clutter Control. [Click here](#) to read the full article at my website.

It starts with getting gathering a roll of trash bags (the dark ones) and 4 large containers (again not clear). The bag is for the 1st R and the four containers for the four remaining R's:

1. Refuse (as in trash)
2. Recycle
3. Repair
4. Relocate
5. Remove

To learn the details for each step [click here](#).

Schedule Highlights for The Guilt-Free Coach

May 19th

5 Steps to Guilt-Free Fitness Success

A F.R.E.E event promoting health & raising funds for The Cystic Fibrosis Foundation

Anytime Fitness-Lakemoor

28972 Route 120, Lakemoor

Noon - 2:00 PM

[Get More Details...](#)

May 31st

8 Steps to Guilt-Free Living - Teleseminar

11:00 AM - 12:00 PM CST

We meet virtually by phone!

Cost: FREE

Get rid of the Guilt, calm the calamity and **design the life you deserve** in 8 straightforward steps!

[Get More Details...](#)

[Register...](#)

[See my Schedule page for more future events](#)

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