

# The "Neatest" Newsletter!



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Niche by Karen, LLC

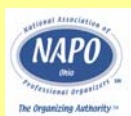
*\*\*\*A woman of passion,  
power and purpose in order to  
serve you\*\*\**

In this issue:

1. Are you an emotional eater?
2. Identify the triggers and plan alternatives.
3. Triumph over body clutter.
4. Conquer the clutter battle.
5. Upcoming events.
6. Testimonials-Meredith Liepelt.
7. "Neat Niche" thanks YOU!

**Read on for more.....**

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## Topic for the month:

### Beating and Defeating Emotional Eating, Physical Clutter and Body Clutter

In my June newsletter you were made aware of how body clutter/fat weight, physical clutter and emotional eating operate simultaneously. This is a three cord strand that is not easily broken. Read on for suggestions on how to sever this cord.



## Are you an emotional eater?

First of all, identifying yourself as an emotional eater can be determined by asking a few of the following questions:

1. Do I eat when I am **not** hungry?
2. Do I eat large portions and believe I have to empty the plate?
3. Do irritability, loneliness and stress cause me to eat?
4. Do I look to food for comfort?

If you answered "yes" to these questions, these eating patterns are likely driven by emotions rather than hunger. If you can relate to these questions, maintain a food diary for a week and record your emotions and feelings at the time of eating your meal - you may notice a pattern that triggers your eating habits. From this point, you are better able to deal with the condition of overeating.

## Identify the triggers and plan alternatives

- Determine what is triggering your emotions. Is it the sight, smell or touch of food? Validate your feelings and emotions.
- Remove trigger foods from your refrigerator or pantry that cause you to binge or graze.
- Plan alternatives in the event of a craving or urge - take a walk, call a friend, read a book or meditate. Do something to divert your attention.
- Eat recurrently judged by a hunger pain and not by the clock or emotional triggers.
- When the triggers begin to emerge, take note of where you are, who you are with and what you are doing.



## Congratulations!

Now that you have conquered emotional eating, body clutter and physical clutter, pursue your life of love, health, happiness and wholeness. Live the life God meant for you to live. ***Live*** in your home and ***Live*** in your body - don't merely ***exist*** in them. Take several minutes a day to praise yourself for everything you have accomplished. Take care of yourself and maintain your progress.

**APPRECIATE THYSELF  
AND LOVE THYSELF!!!**



## Triumph over body clutter



Having a clear plan of action based upon your determination, motivation and support of others, are essential to getting you on the right track and off to a good start. Adopt the, "I ***will*** do it" attitude, and remember this is a lifestyle change. Consider a few of the following suggestions to conquer your body clutter/fat weight.

- Develop an exercise program such as walking, weight lifting, running or yoga. Someone told me once to think ***movement*** not exercise - keep your body moving!
- Seek the advice of a dietician who can assist with healthy, nutritional meal choices.
- Partner up with a friend who shares in your quest and hold each other accountable.
- Eat healthy snacks such as fruits and vegetables. Eat items that are water saturated such as cucumbers, grapefruit and cantaloupe. Steer away from large amounts of sugar and fat.
- Consider counseling if you feel you may be an emotional eater – a deeper root issue may need to be identified.

## Conquer the clutter battle



Clutter in your environment causes you to merely ***exist*** and not ***live*** in your home. You are meant to live in an environment that is clean, clutter free, calm, peaceful and safe. Your home should have a flow of positive energy throughout. Below are a few suggestions for initiating the decluttering process.

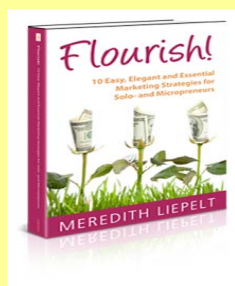
- Investigate any family history of hoarding or clutter issues.
- Seek the assistance of a professional organizer or a family member for an outside objective, on what possessions to retain or release.
- Begin with a small project such as cleaning out a junk drawer or medicine cabinet. This allows you to become comfortable with the idea of decluttering. Take baby steps!
- When contemplating a decluttering project, choose a day when you are rested, energized and focused.
- When going through your items, ask yourself if the item is adding value to your life or taking value away. Is it serving a purpose at the present moment?

## Someone you should know!



Meredith Liepelt, President of Rich Life Marketing, is an award-winning client attraction strategist, speaker and author. She has been featured on national online outlets, as well as a multitude of newspapers, television shows and radio shows.

Meredith is the author of the book Flourish! 10 Easy, Elegant and Essential Marketing Strategies for Solo and Micropreneurs.



She teaches her clients how to attract ideal clients. She works through group and private coaching programs, teleseminars, boot camps, retreats and home study programs. To download her free report called "101 Ways to Attract Ideal Clients, Build Your List and Raise Your Profile," visit: [www.RichLifeMarketing.com](http://www.RichLifeMarketing.com)

## (Upcoming events)

### September 18 and 19

Living Word Church Women's Wellness Weekend  
Location: Comfort Inn, 1213 E. Dublin Granville Road, Columbus, Ohio 43229, take the 161/Dublin-Granville Road exit off 71.  
Contact: Freda Dallas at 614-746-2760 or email [FDallas@optometry.osu.edu](mailto:FDallas@optometry.osu.edu) for more information. Visit <http://fredallas.webs.com/> or [www.womenswellness4life.org](http://www.womenswellness4life.org)

### September 28, at 6:00 pm – SAVE THE DATE!

Meredith Liepelt will be a guest speaker for Teresa Cleveland and Karen Augustine's mastermind group. She will speak in regards to the 8 Steps to Client Attraction Strategies. Don't miss Meredith who is a fabulous marketing strategist, speaker and author. Watch for upcoming details via email or visit [www.neatnichebykaren.com](http://www.neatnichebykaren.com)

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## (Testimonials to Meredith)

I recently attended a Creative Client Attraction strategy session with Meredith. By the time our strategy session was over I had a list of solid ideas and other remarkable possibilities. Within one week I had implemented several things. As a result, I have received several clients, in addition to uncovering avenues that will result in multiple streams of income. Thanks Meredith for continuing to develop pertinent programs that are beneficial! **Teresa Cleveland, Empowered Awareness.**

As I have been listening to Meredith's Breakthrough Business Series, I have implemented many of her strategies which have helped me tremendously in my business. I have become confident in what I am doing due to her inspiration and great advice. Being a new business owner, I have gleaned great information from her and she will be someone I will view as a fountain of wealth and information. Thank you Meredith. **Karen Augustine, Neat Niche by Karen, LLC**

Thanks to the Excellencies of the Business Strategy CD training, I have been able to apply the attractive suggestions. Finding that my current business partners are impressed and are already implementing creative strategies that compliment their already great energies, it has been very encouraging to me to do the magnetic attraction of following someone who has already been successful. Meredith will clearly pave the way to a greater success strategy that works for your business! Thanks Meredith! **Lorene Hochstetler, Usana/Vitality International.**

Meredith's Business Breakthrough Series has been life changing. As I started this journey with (4) other colleagues in my Women's Business Mastermind group, I have discovered many wonderful ideas that I have already implemented. Our group has been able to listen to the series and help each other grow in just a few weeks. The information that Meredith shared is practical and thought provoking. I would highly recommend Meredith's expertise to anyone starting or wanting to take their business to the next level. **April Sark, Tom James Clothier**

Meredith's Business Breakthrough series has been beneficial, as I have learned and gleaned valuable information from her. Along with the other great ladies in my mastermind group, we have implemented many of her practices with great success. **Diana Hoffman, Active Air Solution and Xango.**



## "Neat Niche by Karen, LLC" Thanks YOU!

May of this year was the 2 year anniversary of the birthing of Neat Niche. I would like to personally thank each and every individual who has impacted my business and life since the inception of my company. Whether it was a 2 minute conversation or an actual business encounter, you planted a seed into the growth of my endeavor. I could not have done this or come this far without your support, encouragement and love. I am so appreciative of friends, family and colleagues. Thank you again from my heart. **Karen Augustine**

P.S. A special thanks to my "papa" who is my biggest fan for his great business knowledge and encouragement. He is truly a success story! For your insurance needs contact Augustine Insurance at 267-1973.