



# Deanna Frazier tips

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## *It's Time For Spring Cleaning*

Hi Everyone,

With spring in the air, I've seen many neighbors out in their gardens, pulling weeds, and adding colorful flowers to their garden beds. I've had the spring cleaning bug as well and have contemplated washing all of my windows! (I got over that one fast!) Spring is also an excellent time for dating. A time for flirty dresses, dining on outside patios, and after-dinner strolls with someone you like. Perhaps in order for you to better enjoy these springtime moments, you should clean out your mental and emotional clutter.

Here are some tips:

- \* Avoid contact with people who are energy drains.
- \* Learn to say "no." It's your lifetime resource and you have the right to use it as you see fit.
- \* Make time for you, even if you only start out with 15 minutes a day. Lock the door, turn off the phone.
- \* Have a garage sale. Getting rid of stuff you don't need is liberating, frees you up mentally and physically.
- \* Limit traditions that don't work for you. If it doesn't make sense, then forget it.
- \* Embrace quality time for the special people in your life.

If you need suggestions or guidance on action steps you can take regarding any of these resolutions, e-mail me!

If you are single and ready to get back out there or if you are dating and not getting the results you want, this is the only book you'll need.

If you know someone who is ready to start dating, this is the best gift you can give them.

It's just a date – not the rest of your life!

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### Contact Deanna Frazier For Speaking and Coaching!

Deanna Frazer will speak to any size group or meeting. She incorporates humor and shares dating stories and advice in all of her speeches.