

**Welcome Fall** with **Touch of Gratitude!!!**

### **Business Development/Updates –Scheduling Updates**

Due to great response and booked appointments this summer, I am pleased to be able to continue offering office hours on Thursday evenings! My increased availability provides you more opportunities to take time for yourself to get a massage!

**PLEASE NOTE:** updates have been made to the scheduling software and there is an additional step required to complete the process. Once you have requested an appointment, you'll be directed to a new screen. Click on [Pay At Our Office](#) and then click on [Confirm](#). As always, you will receive an email confirmation after scheduling your appointment. If you do not receive a confirmation, please contact me to ensure that your appointment has been scheduled.

### **Personal Growth/Benefits – The Hardest Word**

No. It's one of the shortest and hardest to say to someone. Nobody wants to say it, and nobody likes to hear it. At what cost are we avoiding it? People are getting "over-itis" from not using it...over-scheduled, over-whelmed, over-committed and over-worked. I know we can't say no to everything, but we certainly don't have to say yes either! No one person can do it all! The next time someone asks you to do something, consider what's currently on your plate, your interest in the request, and how it will impact your life. It's ok to decline; just make sure to be polite when doing so! It may be challenging at first, but you'll be amazed at how much easier it gets and how much better your life will be!

### **Giving Back – Trivia for Trees**

[OneSquareFoot.org](http://OneSquareFoot.org) is a site whereby you can save acres of rainforest by answering some simple trivia questions. Categories include technology and the environment and you have the option of submitting your own questions. It's a fun way to save some trees, one square foot at a time!

I look forward to seeing you!

Steph

Show your body some gratitude...schedule a massage today!

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