



Hello & Welcome to

my monthly newsletter

Simply Me



HELLO. September

Hello September 🍂

Can you believe it? We are officially in the “Ber” months. For me, fall always brings a sense of calm. I find myself slowing down, enjoying s’mores, hot chocolate, a good book, or a cozy movie night. It’s a season of reflection—looking back on the special moments of the year and mentally preparing for the holidays ahead.

Lately, I’ve been craving the “simple things” even more. I miss porch swings and picnics, restaurants where I knew every server’s name, hearing stories of people retiring after 25+ years with the same company, or just flipping burgers and hotdogs with friends. Sometimes I catch myself thinking, Nicole, all of this is still possible—but truthfully, I feel it slipping away as technology changes relationships, time moves faster, and days feel shorter.

So, what am I going to do about it? I’m choosing to fight for those simple joys. If you get a picnic invite that says “No cell phones allowed” or spot me swinging on a porch somewhere, just wave...or better yet, come join me.

Cheers to the start of fall and to reflecting on the things that really matter. 🍷

Enjoy the SIMPLE THINGS



“One Simple Thing” Challenge

👉 This September, pick one small thing that makes you feel grounded—reading, journaling, calling an old friend—and commit to doing it once a week.

Are you dancing with the dreams of your future or the ghost to your past?

Ok, let's start with a hard one....Acknowledging the Ghosts 🧛

We all carry parts of our past with us. Some are sweet memories that give us comfort, but others are "ghosts". These show up as regrets, mistakes, broken relationships, or even opportunities we didn't take. These ghosts can show up quietly, whispering in our ear LOUDLY, "You're not good enough." "Remember when you failed last time?" "Who do you think you are to try that?"

When we let the ghost lead the dance, we find ourselves stuck in old patterns, replaying conversations over and over, doubting our abilities, or holding back from saying yes to new opportunities. The first step isn't to shove the ghost away but to **acknowledge it's there**. Ghosts lose their power when we name them.

- Ask yourself: What past story am I allowing to lead my present?
- Write it down. Speak it out loud. Recognize it.

Then remind yourself: I am not my past. I am not my mistakes. I am not who I was then.

DANCE



EVERY
THING
STARTS WITH A
DREAM

Time to Shine... Choosing to Dance with Dreams ✨

The beautiful thing about life is that every day, we get to choose a new partner. Instead of letting the ghost of your past lead you, you can choose to dance with the dreams of your future.

Dancing with your dreams looks like:

- Saying yes to opportunities that scare you but excite you.
- Taking one small step forward even if you don't know all the choreography yet.
- Surrounding yourself with people who clap for you, cheer for you, and encourage your next move.

Unlike ghosts, dreams don't drag you backward. Instead, they pull you forward, into possibility. Dancing with your dreams means **embracing growth**, even if it feels **uncomfortable**. It's choosing hope over regret, action over hesitation, **faith over fear**... ALWAYS.

Ask yourself: If my future self walked into the room right now, what would they thank me for doing today?

Take one step toward that answer, even if it's small. Dreams are built step by step, dance by dance.



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Podcast Update:

The **Unedited Version** Podcast Episodes 1-10 are now available. We took the summer off but we will be **back in October 2025**. Slightly revamped with a more laid back coffee chat vibe, no video, and 30 minute episodes. I listened to your feedback and your loved those shorter episodes! If there is a topic you would like for me to explore please drop me a message. Thanks again for your support so far. **Share with your friends and tune in on Apple, Spotify or YouTube!**



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yum!

Ingredients:

- 1 lb ground beef 85% lean
- 1 packet onion soup mix
- 1 3/4 cup mixed frozen vegetables
- 5 cups water
- 1 can (28oz) diced tomatoes
- 1 cup macaroni uncooked

Busy Day Soup

Easy to make, one-pot soup!

Instructions:

- Cook the Ground Beef. Add the ground beef to a large pot and cook it over medium-high heat until browned. Use a spatula to break up the beef as it cooks. Drain the excess fat from the pot if it's necessary.
- Prepare the Soup Base. Add the onion soup mix, diced tomatoes, and water over the cooked ground beef. Set the heat to medium-low and allow the soup to simmer for about 20 minutes.
- 1 packet onion soup mix, 5 cups water, 1 can (28oz) diced tomatoes
- Add the Macaroni and Vegetables. Add the macaroni and frozen vegetables to the pot and cook on medium heat for 10 more minutes. This will allow the macaroni to cook and the vegetables to become tender. Make sure to stir occasionally to prevent sticking.
- Once the macaroni and vegetables are cooked to your liking, your busy-day soup can be served.



***Season to Taste:** Don't forget to adjust the seasoning before serving. A little extra pepper or herbs can really enhance the flavor. Tony's for the win! (Southern thing)

 Recipe from:
<https://thefoodieblogger.com/busy-day-soup/>



LimeLife Beauty Guide

Did you know I'm a Beauty Guide for LimeLife. LimeLife emphasizes clean ingredients, cruelty-free practices, and empowering individuals through beauty and business. I love helping people feel confident and comfortable in their own skin.

If you are interested in learning more about all natural skincare & makeup, I'd love to chat. Simply drop me a DM or email limelifesimplyme@gmail.com

The older I get the more I'm conscious of what products I'm using and what's going in the trash can :)

Why websites matter?

Your website is often the very first impression a customer has of your business. A polished, professional site communicates credibility, while one that's outdated or hard to navigate can cause potential customers to click away before they ever learn what you have to offer.

A great website should:

- ✓ Be easy to navigate — so visitors find what they're looking for without frustration.
- ✓ Have a clear call to action — do you want them to schedule, shop, call, or sign up? Make that the focus.
- ✓ Highlight what makes your business unique — what do you want people to see and remember first?

Your website is more than a digital placeholder — it's your **24/7 storefront**. Whether someone stumbles across you at 2pm or 2am, your website should be working for you, not against you.

★ Ready to make your online presence truly reflect your brand?

Let Nicole Ditch LLC revamp or create a website that not only looks good but also works for your business. **A website that matters, because your business matters.**



—Nicole Ditch LLC—

**Accepting
New Clients!**

LET'S CONNECT