



Hello & Welcome to

my monthly newsletter

Simply Me



OCTOBER

Hello October!

This happens to be my favorite month of the year since it is my birth month. I'm a huge fan of windows down, music up, with a crisp breeze and blue skies. What's not to love? There's something special about this pause before the holiday months when life inevitably speeds up again. In October I find myself with a good book in hand, slow mornings sipping hot cocoa, and laid-back afternoons grilling.

But fall is also a season of transition. The air changes, the leaves shift, and we're reminded that growth often comes with change. For some, transition brings excitement and joy; for others, it feels uncomfortable. Yet, **if we never allow ourselves to get uncomfortable, we'll never grow.** This season invites us to lean into both—the beauty of what is familiar and the challenge of what is new.

The same is true in business. Growth requires fresh ideas, new strategies, and sometimes even taking a leap before we feel ready. **October is the perfect month to reflect on what's working, what can shift, and what bold steps might set you up for a strong finish to the year.** Let's embrace the opportunities this season offers and step confidently into what's ahead.

As always, I'm here to help you navigate change, spark new ideas, and grow your business with confidence. **Together, we can turn this season of transition into your season of opportunity.**

SLOW DOWN *and* BREATHE



"Get Uncomfortable Challenge"

→ Choose one thing outside your comfort zone to try this month, whether in life or business, and commit to taking that step.



TIME is a PRECIOUS GIFT!

Pause for a moment and think about what brings you joy. How can you carve out time for that this week?

Time is the only thing we spend without ever knowing how much we have left. Each day we are given twenty-four hours, and how we choose to use them shapes not only our future but also the moments we will cherish most. Unlike money or possessions, **time cannot be earned back or replaced once it is gone**. That truth can feel heavy, but it can also be freeing. It reminds us to be intentional with how we live.

In life and in business, it is easy to get caught up in the urgent rather than the important. We fill our calendars with tasks but forget to pause for what really matters: **the people we love, the dreams we want to pursue, the goals that light us up**. When we begin to treat time as the precious gift it is, our perspective shifts. Suddenly, that walk outside, that phone call to a friend, or even the courage to take one bold step forward in business feels less like a nice to do and more like a priority.

This month, I encourage you to **reflect on how you are spending your time**.

1. Where do you feel stretched thin, and where can you create space for what truly matters?
2. Consider setting aside even a small pocket of time each day to do something meaningful, whether it is nurturing a relationship, working toward a dream, or simply resting and recharging.

Time is fleeting, but when used with purpose, it becomes more than just hours on a clock. It becomes a life well lived. **Let us make every moment count.**



**Pause for a moment and think about what brings you joy.
How can you carve out time for that this week?**



Classic Italian Pasta Salad

There's nothing quite like the vibrant burst of flavors that comes with a Classic Italian Pasta Salad. Picture this: a sunny afternoon, friends gathered around, and the air filled with laughter and the enticing aroma of fresh ingredients coming together. This salad is more than just a side dish; it's a celebration of summer's bounty, showcasing colorful rotini pasta tossed with crisp vegetables and a zesty Italian dressing that dances on your taste buds.



Recipe from:

<https://www.madilynrecipes.com/classic-italian-pasta-salad/>



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 :)

I'd love for you to join my group on Facebook **LimeLife Simply Me Skincare + Makeup!** Here I share my love for LimeLife skincare and makeup along with quick tips, product updates, and behind-the-scenes sneak peeks at what's new. Most importantly, you'll find reminders to Simply love yourself every day.

Business consulting is about solving specific problems or achieving particular objectives through specialized expertise and hands-on solutions. Addressing specific business challenges.

WHAT IS BUSINESS CONSULTING?

- **Establishing Rapport:** Building a strong relationship and trust between the consultant and the client is priority.
- **Assessing the Current Situation:** Helps the client understand their strengths, weaknesses, and the current state of their business or career.
- **Identifying Goals:** Working together to define clear, achievable goals that align with the client's vision.
- **Developing a Plan:** Creating a roadmap with specific action steps to achieve the established goals.
- **Monitoring Progress and Providing Accountability:** Regularly checking in, providing feedback, and ensuring the client stays on track towards achieving their goals.
- **Areas of Focus:** Brand Development, Strategic Planning, Team Performance, Etc.

BUSINESS CONSULTING



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