



Hello & Welcome to

“SIMPLY ME”

my monthly newsletter



Hello April. Although I'm never ready for those April showers, I can't wait for the May flowers. Spring is when everything comes alive around us. This month let's focus on making things come alive inside us as well. I want to encourage you to step outside of your comfort zone, dig deep to identify your blind spots, get rid of anything that is holding you back. Try new things, revisit old passions, and spend time with people and things that fill your cup.



Let's all GROW this spring! Are you ready? Let's go!



We all have blind spots....

Why is it that when we are on the outside looking in it is always easier to see things?

Is it because our emotions and our connections overpower what our brain is telling us?

Is it because we who heartedly trust those in our lives so we don't think they could ever hurt us?

Are you so loyal to the company or person that you only see the good?



Facts are that we all have blind spots. Recognizing and addressing these blind spots is crucial for personal growth, improved relationships, and making better decisions. If unattended to blind spots can hinder our relationships, decision-making, and overall well-being. It can also make us question ourselves.

Let's talk how you can identify blind spots in your life...

Seek feedback from people you trust.

Ask friends, family, or colleagues for honest feedback on your behavior and interactions. Be open to healthy feedback. Don't be defensive. Remember, constructive criticism can help provide clarity.

Pay attention to patterns.

Notice recurring criticisms or reactions from others, as these can point to blind spots. Also, recurring struggles might signal an underlying blind spot. Are you facing the same conflicts at work or in a relationship?

Practice self reflection.

Regularly examine your thoughts, feelings, and actions to gain a deeper understanding of yourself. For some journaling can help. Write about your experiences and reactions to help identify patterns. Meditation helps provide clarity to thoughts often.

Be open to new perspectives.

Challenge your own assumptions and be willing to consider different viewpoints. Step outside of your comfort zone to try new experiences. This often allows you to see things from a different point of view leading to clarity. Be open to new perspectives.



Don't question yourself.

Don't you dare act like you don't know what I'm talking about when I say your spidey sense is a real thing. That pit in your stomach that tell you what is right and wrong. What about pure gut instinct?

If all of these signs point us in a direction why do we question ourselves? Even the most confident people can sway their opinion. Sometimes, it is because of all the voices around us. Sometimes, it is because we are simply trying to avoid conflict. Maybe, we are just too exhausted to fight the good fight.

In a world filled with opinions, expectations, and endless streams of advice, it's easy to lose touch with the most important voice of all—your own. The ability to trust yourself, to stand firm in your decisions, and to follow your instincts is a skill that must be nurtured, especially when external noise threatens to drown it out.

Your intuition is a powerful guide, shaped by experience, wisdom, and an understanding of what aligns with you. It's that quiet nudge when something doesn't feel right or the strong pull toward an opportunity that excites you. Yet, many people hesitate to listen, seeking validation from others rather than acknowledging the answers they already hold within.

Don't doubt yourself. Don't let the outside noise dictate your path. The world will always have an opinion. Learn to listen to the quiet voice within you instead of the loud world around you.

Remember,
TRUST
your gut
IT DOESN'T
lie to you.

Podcast Update:

The Unedited Version Podcast Episode 7 is officially live. We dive into the not so comfortable topic of **"The Ghost of Grief"**. Something we all unfortunately deal with in life. I hope you will give it a listen. Thanks again for your support so far. Share with your friends and tune in on Apple, Spotify or YouTube!



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Set yourself up for success.

The way you start your day matters. The first thing you should be thankful for is waking up. You were blessed with another day to chase your dreams. Here are a few tips that help to set the stage for a successful day.

1. **Set the tone.** Put on some good music or read something inspirational.
2. **Move with purpose.** Gentle stretching or a morning walk. Activate you mind and your body.
3. **Fuel your mind and body.** Eat something nourishing and remember to hydrate throughout the day.
4. **Set your intentions.** Think, what matters most today and create a to do list so that you stay on track and don't get distracted.
5. **Protect your peace.** Remember not everything is an emergency. Not every notification, email or person needs immediate attention.





yum!

Ingredients:

- 3 pound pork shoulder cut into 4 large chunks
- 1 can coca cola – may sub dr pepper or root beer
- 2 ½ cups bbq sauce
- ⅓ cup brown sugar
- 4 tablespoons apple cider vinegar
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- Hamburger buns – for serving

INSTAPOT BBQ PULLED PORK

This recipe is absolutely as simple as it comes. Packed with flavor, tender, and easy to make. Only a few simple ingredients and you are good to go! This recipe can also go a long way. Cook for a simple family meal. Maybe make a bunch for weekly meal prep or you could serve it on slider buns for your next get together.

Instructions:

- Add pork to a lightly greased pressure cooker. Pour coca cola over the pork.
- Stir together 2 cups bbq sauce, brown sugar, apple cider vinegar, garlic powder, and onion powder. Pour over pork.
- Place lid on the pressure cooker, sliding into the locked position. Set to pressure cook for 45 minutes. Do a natural release for 10 minutes, then turn valve to the vent position. Once float valve has dropped, remove lid.
- Use two forks to shred pork into small chunks. Use a slotted spoon to transfer pork to a bowl (discard liquid from pressure cooker) and stir remaining 1/2 cup bbq sauce with shredded pork.
- Serve pulled pork on hamburger buns. Optional sandwich toppings to take your pulled pork to the next level: mayo, extra bbq sauce, and cole slaw.



Recipe from: lecremedelacrumb.com

Never, say never...

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When I started my photography and graphic design business, Photo-Graphic Memories, in 2008 I didn't really know where things were going. I just knew I loved being behind the camera. I grew my business over the years and am extremely thankful for all the wonderful people that allowed me to be a part of their lives. After holding a full time job and working my business nonstop, burnout hit. I just simply couldn't go anymore. Lack of sleep, missing out on important moments in my personal life, and not being able to find balance caused me to take a huge step back. I walked away from my business and dove head first into the corporate world full time.

I did a few photo gigs but mainly focused on design work for the next few years. My business evolved into marketing, consulting and coaching and I decided to rebrand as Nicole Ditch, LLC in 2024. In November 2024, I walked away from my corporate job, took a HUGE leap of faith, and dove in head first into my business. Welp, that included picking up my camera again when Madi asked me to take her Senior photos. I started photographing her at the age of four and she always held a special place in my heart and in my life. My passion came rushing back, damn it felt good! So.... I'm back behind the camera. SURPRISE!



Nicole Ditch LLC



Now Booking



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