



Hello & Welcome to

my monthly newsletter

Simply Me



August is here—and with it comes the end of summer and the start of a new season of hustle.

Whether it's back-to-school routines, shifting work demands, or just the chaos of a changing schedule, this time of year can feel overwhelming. You're being pulled in a dozen directions, and it's easy to lose sight of your own well-being.

This month, let's talk about how to set yourself up for success—creating structure, managing stress, and making space to breathe. We'll share quick strategies for busy days and meaningful ways to reset when life gets loud.

You deserve balance, not burnout.



Let's go from Chaos to Calm!

Find Balance!

Set your daily top 3 priorities.

Plan the night before. Prepare!

Wake up 15 mins earlier for YOU time

Don't forget Water + Nourishment

Take 5-minute breathing breaks

Say no without guilt! Protect your energy

One calm hour > All day Chaos

Give yourself GRACE, you are human!

Remember, this is just a season. As you adjust to new routines, take a moment to reflect on the memories made this summer—the laughter, the rest, the simple joys. In the midst of the hustle, be intentional: reconnect over dinner, plan a backyard picnic, or simply spend a few minutes device-free with the ones you love. You control the narrative. Make your life what you want it to be. **Don't let the madness steal your joy—you have the power to slow down, breathe, and create moments that matter.**

Choose **CALM** Over **CHAOS**

Your allowed to change your mind!

(and no, you don't need to apologize for it)

Somewhere along the way, we were conditioned to believe that changing our minds is a flaw. That once we've chosen something—a job, a path, a relationship, a belief—we must stick with it no matter what. That changing course makes us flaky, unreliable, or uncommitted.

But here's the truth: **changing your mind is a sign of growth, not weakness.** It means you're listening to your inner voice. You're paying attention to your life, your needs, your energy. And as those evolve—which they should—it's only natural that your decisions evolve too.

You are not meant to live life cemented in place. You are not required to justify every pivot, explain every redirection, or stay in spaces that no longer feel aligned—whether it's a career, a friendship, a goal, or a version of yourself.

When we resist change, we resist expansion. We risk missing out on the richness of life—the new people, new places, new passions waiting just outside our comfort zone. We limit our capacity to grow into who we were truly meant to be.

So if you've been feeling pulled in a new direction, listen. Reflect on what's shifted inside of you. Maybe it's a new season of life, or maybe it's simply clarity finally rising to the surface. And if you decide to change your mind—do it. Do it with integrity, do it with grace, and don't apologize for evolving.

Here's your reminder:

- You can love something and still outgrow it.
- You can say yes and later realize no feels more aligned.
- You can walk away without burning bridges.
- You can begin again.

"YOU ARE UNDER NO OBLIGATION TO BE THE SAME PERSON YOU WERE A YEAR, A MONTH, OR EVEN A DAY AGO. YOU ARE HERE TO GROW."

This is your life, and it's okay if it doesn't unfold in a straight line. What matters most is that it's yours. You get to build it in a way that feels meaningful, joyful, and true.

So explore what's out there. Feel deeply. Notice what makes you feel alive. And then—expand.

GROW STRONGER



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Podcast Update:

The **Unedited Version** Podcast Episodes 1-10 are now available. We are taking a short summer off and will be back with new episodes in the Fall 2025. 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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—Nicole Ditch—
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Chocolate Chip Muffins

Looking for an easy grab and go that your kiddos will love. Try this recipe!

Instructions:

- Preheat oven to 350°F (175°C) and line a muffin tin with paper liners.
- In a large bowl, whisk together flour, sugar, baking powder, and salt.
- In another bowl, combine milk, vegetable oil, and eggs; mix well.
- Add wet mixture to dry ingredients; stir until just combined.
- Gently fold in chocolate chips.
- Fill muffin cups two-thirds full and bake for 18–20 minutes or until a toothpick comes out clean.
- Allow to cool slightly before serving.

yum!

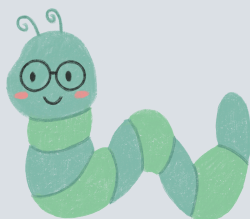
Ingredients:

- 2 cups all-purpose flour
- 3/4 cup granulated sugar
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 cup milk (whole or non-dairy)
- 1/2 cup vegetable oil (or melted butter)
- 2 large eggs
- 1 cup semi-sweet chocolate chips



Recipe from:

<https://myfastrecipe.com/irresistible-chocolate-chip-muffins>



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 :)

Let's Regroup, Refocus, and Crush Your Goals

As the lazy days of summer start to fade and school routines pick back up, August is the perfect time to hit reset on your business. Whether you're a solo entrepreneur, creative, or growing a small team—this season offers a chance to step back, reflect, and realign your strategy for the final quarter of the year.

Remember, you have to plan ahead, not wait till it's here!

- ✓ Review your goals: Where did you want to be by now? What's working—and what's not? Take 30 minutes to evaluate your Q1–Q3 wins and missed opportunities so you can make purposeful shifts for Q4.
- ✓ Refresh your brand touchpoints: Does your website feel current? Is your Instagram bio still accurate? Are your email templates due for a clean-up? Fresh eyes now can mean better engagement later.
- ✓ Plan for fall + holiday marketing: Black Friday, holiday shopping, and year-end planning are right around the corner. Start sketching out campaigns, timelines, or offers to get ahead (future you will thank you).



—Nicole Ditch LLC—

**Accepting
New Clients!**



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