



# Hello & Welcome to

## “SIMPLY ME”

*my monthly newsletter*



I hope the new year finds you and yours doing well and excited about the new year. Are you eager to learn and ready to chase your goals? I know I am! Since stepping out of the corporate world in November of 2024 and diving 100% into Nicole Ditch, LLC I've had lots of time to reflect. I'm grateful. I'm hopeful. I'm also very excited to be able to contribute to so many different businesses and people's journeys. My focus word for 2025 is INTENTIONAL I plan to be this way in every aspect of my life personally and professionally.

In this issue of our newsletter, we discuss self care, how to prepare for the new year, our new service offerings and more. Are you ready? Let's go!

## 4 ways to be more productive & less stressed

We are all pulled in a thousand directions and let's face it, the to-do list never seems to completely go away. That's okay! Doing these four things can help you to feel less stressed, more productive, and more organized in the new year at work and at home. Balance is key!

### PRIORITIZE TASKS

Focus on high-priority tasks first, creating a to-do list and tackling the most important items early in the day. Establish clear goals.

### TAKE STRATEGIC BREAKS

Incorporate short, planned breaks between tasks to recharge your energy and maintain focus throughout the day.

## 4 WAYS TO BE MORE PRODUCTIVE

### BLOCK OFF TIME AND TASKS

Allocate specific time blocks for different tasks, reducing distractions and enhancing concentration on one task at a time. Little steps = big progress.

### LOOK FORWARD TO SOMETHING

Give yourself something to look forward to at the end of the day or week. Reward yourself for all you accomplished. It's okay if you didn't get everything done.



## The windshield is bigger than the rearview mirror

I'm sure you've heard that saying before but it really is a great perspective to have. Are you holding on? Are you letting go? We don't have to wait for a new year to let go of baggage we have. A lot of time that baggage is emotional. It's time to make a conscious choice! Is it worth your time and energy?

LEAN  
IN *or let go*

If the answer is yes, then it's time to have a good conversation and figure out how to move forward with that person or thing in your life.

*Remember.*  
YOUR  
TIME  
*is valuable*

If the answer is no, it's not worth your time and energy then write it down on a piece of paper, crumple it up and throw it away (or burn it). This means you are committing to letting go. You are freeing up time and energy just that easy. Don't let the past drag you down.

Things and people come into our lives for different reasons. Maybe it was for a reason, a season or a lifetime.

## What's New??

Well I officially launched my podcast, The Unedited Version, in November 2024 and are now 4 episodes deep. I still pinch myself! I've been blessed to meet some incredible people throughout my life and each has taught me something. I enjoy our deep, raw and real conversations and have decided to share some of those with you. Tune in!



## Fun Facts About New Years Resolutions

- Around 45% of Americans make New Year's resolutions, but fewer than 10% are successful at keeping them.
- The most popular resolutions are to lose weight, get organized, spend less and save more, stay fit and healthy, and quit smoking.
- **Motivation:** Resolutions should be important to you and only you, and you should find value or benefit in achieving them.

It's a full time job to believe in yourself! No day's off!



## Instant pot Salsa Chicken

### Ingredients:

- 3 Chicken Breast
- 1.5 Cups Salsa thick, store bought
- 1 Pack of Taco Seasoning
- 2 Cups Frozen corn
- 1 Can Black Beans Rinsed & Drained
- 1/4 Cup of Water

## Self Care Starts Here:



Enough Sleep



Eat Well



Practice Gratitude

## Meal Prep = Less Stress

My husband and I started meal prepping when he was on his weight loss journey and we never stopped. Best decision ever. The instapot is my best friend most weeks.

This easy instant pot salsa chicken is saucy, bursting with flavor, extremely easy to make and goes with everything! Make tacos with it or serve it with rice!

Also, I love a good dump and go recipe so I figured we would start out simple. Enjoy!

Recipe from: <https://www.yellowthyme.com>

### Instructions:

- Add ¼ cup of water in the inner pot of the instant pot.
- Place the chicken breast on top of the water.
- Sprinkle taco seasoning on top of the chicken. Add the salsa on top of it.
- Add the frozen corn and black beans on top of everything. **DO NOT STIR**
- Close and select "PRESSURE COOK" for 9 minutes\*\*\* on high.
- Once the cooking time is done, let the pressure release naturally for 5 minutes before quick releasing the pressure.
- Open the pot, take the chicken breast out. Shred using two forks or a hand mixer or a stand mixer.
- Put it back in the instant pot. Give it a good mix and garnish with cilantro if you wish.
- Eat just like that or make a taco.
- Also, can be served on top of rice.

## Why Coaching?

[WWW.NICOLEDITCH.COM/COACHING](http://WWW.NICOLEDITCH.COM/COACHING)

Once the dust settled and I had time to reflect on what I missed the most from the corporate world it was clear, Coaching. For years, I naturally found myself being the go-to person for so many in the professional world. Unlocking someones potential sets me on fire. Watching them build confidence and believe in their ideas and themselves is magical. Therefore, I now offer one on one personal and business coaching. Ever feel stuck? Make an appointment today. Asking for help to develop a skill is a sign of strength. You have the ability, all you need is the right support and a mirror to show you how amazing you are.

Share away! If you know someone who wants to receive our monthly newsletter have them sign up today by scanning the QR code or visiting <https://bit.ly/simplymenewsletter>

