



# Hello & Welcome to

## “SIMPLY ME”

*my monthly newsletter*

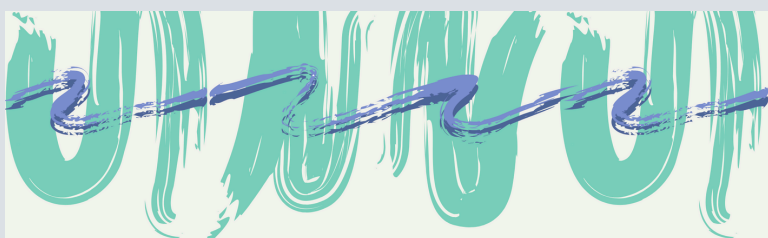


Hello March! This month happens to be one of my favorites. I always start to feel settled into the year by now. It leads us into spring and it also happens to be my anniversary month. This year we make 20 years married. Man time flies when you having fun. Somehow I went from the girl who didn't need a man and wasn't getting married to this. Expect the unexpected I guess, lol!

In this issue of our newsletter, we discuss not carrying things you can let go, forming relationships that matter, celebrate milestones, and make some delicious queso. Are you ready? Let's go!

## Knowing when to hold on and when to let go....

Life sends us all on different journeys. The people, things, challenges and experiences undoubtedly shape us into who we are. Life can be beautiful but it can also be heavy so today we are going to talk about how you can lighten your load. Do you feel like you've been carrying around a ton and live on the struggle bus? It's time to shed some of that weight, and I don't mean physically, I mean emotionally. Let go of things that no longer serve you. Let go of guilt that isn't yours to carry. Say goodbye to people that don't bring out the best in you. This will make your days feel lighter and also allow space for you to hold on to things that do matter. Hold on to dreams, people that feel like sunshine, and things that bring you joy. Life is too short to be anything but happy!



## LET GO:

Let go when holding on no longer serves your growth and happiness

Let go when past mistakes and regrets are sabotaging you

Let go when the situation or relationship becomes harmful to your well being

Let go when circumstances are beyond your control

Let go when anger prevents you from experiencing peace in your life

Let go when it isn't your weight to carry

—Nicole Ditch—  
MARKETING • DESIGN • CONSULTING



## HOLD ON:

Hold on to your dreams

Hold on to memories that make you smile

Hold on to those people that feel like home

Hold on to the little things in life that bring you joy

Hold on to your beliefs and values

Hold on to everything you've accomplished, be proud

—Nicole Ditch—  
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## Top priority never changes

Those that know me or have worked with me will tell you that they've heard this a thousand times. Build the relationship! No matter what type of business you are in I feel this holds true.

- **Build the relationship** and the business will come.
- **Build the relationship** and you will be better equipped to serve your customer or client.
- **Build the relationship** and you will gain information to questions you didn't even know you had.

So what exactly goes into building a business relationship?

1. Find a common interest
2. Offer help before you ask for anything
3. Add value to them & their business
4. Simply care
5. Reach out on a regular basis to check in
6. Let them get to know the real you

These seem simple but everyday I witness people moving a hundred miles an hour, looking for a quick yes, and from the start I can tell I'm just a number. No thank you!

*Signed. Not just a number*

*Remember.*  
**THERE IS A** *person*  
**BEHIND EVERY** *business.*

## Podcast Update:

The Unedited Version Podcast Episode 5 is a quick 15 minute mini version with yours truly. I dive into "Let it go" and 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!



*Like*

**FOLLOW**

*& SUBSCRIBE*



## A decade of making a difference!

10 years ago, one of my best friends (although I didn't know it at the time) Heather Benoit, started Beyond the Bell. I was blessed to start volunteering after school 8 years ago and 5 years ago joined the Friends of Beyond the Bell board. I currently serve as Vice President. Why am I telling you this? To tell you if you have the space and time, find something you feel passionate about and volunteer. These kids teach me something every time I'm around them. They keep me humble. They make me appreciate life and the little things. They show me unconditional love and I am so thankful for them! Our 10 year celebration was just magical!



Follow **@Friendsofbeyondthebell** on Facebook

"We make a living by what we get, but we make a life by what we give" -Winston Churchill





## Who doesn't love QUESO???

I absolutely love Chili's Skillet Queso but I'm not always in a get out of my pajamas kind of mood. Instead, I love mixing up my favorite dip and chips, hunkering down in my recliner, and watching a good game.

I've tried several recipes and this one is a win for me! Honestly, it does not get any simpler. ENJOY!

### Instructions:

- Cut the Velveeta into cubes
- Heat all ingredients in pan over medium heat stirring frequently.
- Serve with tortilla chips

**DON'T FORGET TO GRAB YOUR FAVORITE CHIPS FOR DIPPING!**

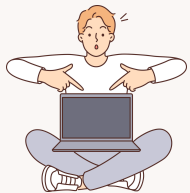
## Q U E S O

### Ingredients:

- 16 oz Velveeta
- 3/4 cup Milk
- 1/2 tsp Cayenne Pepper
- 15 oz Chili (No Beans)
- 2 tsp Chili Powder
- 2 tsp Lime Juice
- 1/2 tsp Cumin



yum!



## Why do websites matter?

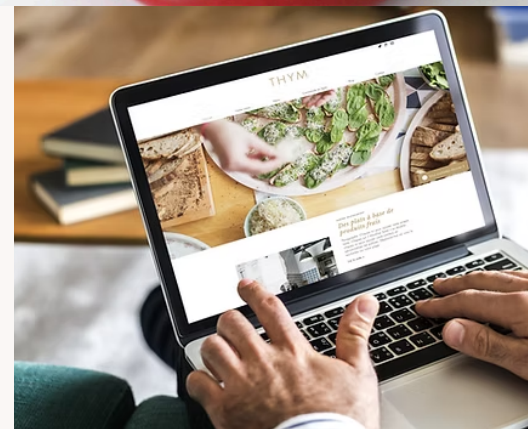


Remember back in the day where everyone window shopped? In today's modern world that is exactly what people do with websites. It's a way to find out what they offer, is it in your price range, where they are located, and so much more. Having an outdated or hard to navigate website is more harmful on a business than not having one at all. Does your homepage draw them in and make them want to learn more? Be sure to

share feedback from customers, show photos of your work, and make your contact info easy to find. Another reason to have a good website is if you apply for awards or grants, funders often ask for a website.

I'd love to help you create or revamp your website and grow your brand.

Let's chat! --> [www.nicoleditch.com](http://www.nicoleditch.com)



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