

ISSUE 1020

MARCH 2019

# MOTION

A MAGAZINE ABOUT OUR FORWARD MOVEMENT

## BOOK CLUB 2019

Our Books to Read List

### THE MARIE WAY

Does It Spark You Joy?

### SPRING CLEANING

Our With The Old

March is here! Which means spring is near! I don't know about you, but I am ready for warmer weather and spring time style! It is also Spring Cleaning time! Before you go organizing your whole house read this issue and find a few tips because I am sure you have binged the Netflix show with Marie Kondo already.



Also, in this issue we are covering all the books to add to your book list this year. I recently joined a book club and re-fell in love with that feeling of a good book you don't want to put down. So we are sharing the books we want to read in 2019, fiction and non.

To wrap up this issue we are covering out thoughts on the Netflix Show Tidying Up and how you can find joy in everything you own. Then once you are inspired to get organized we will break it down on where to start!

Since the groundhog this year did see his shadow and predicted an earlier Spring, here at Motion Mag, we are ready for it. But only if it stayed this way in Arizona all year long.

*Letter From the Exec*

*Zritt*

# MOTION

A MAGAZINE ABOUT OUR STEPS FORWARD

CREATED BY US FOR US

"PEOPLE DONT CARE  
HOW MUCH YOU KNOW  
UNTIL THEY KNOW HOW  
MUCH YOU CARE"

CREATED BY  
BRITT J.

## CONTRIBUTING PHOTOS

BRITT J.  
PEXELS

## CONTRIBUTING CONTENT

GEMMA M.  
ANISA A.  
PUNEH N.  
BRITT J.

## EDITORIAL

JOSE A.  
BRITT J.



## QUICK TECH TIP

### QUICK TYPO FIX

Did you know you can close up to three iPhone apps at once? To do it, double-click your Home button to bring up a list of apps. Hold three fingers over the apps on your screen and swipe up.

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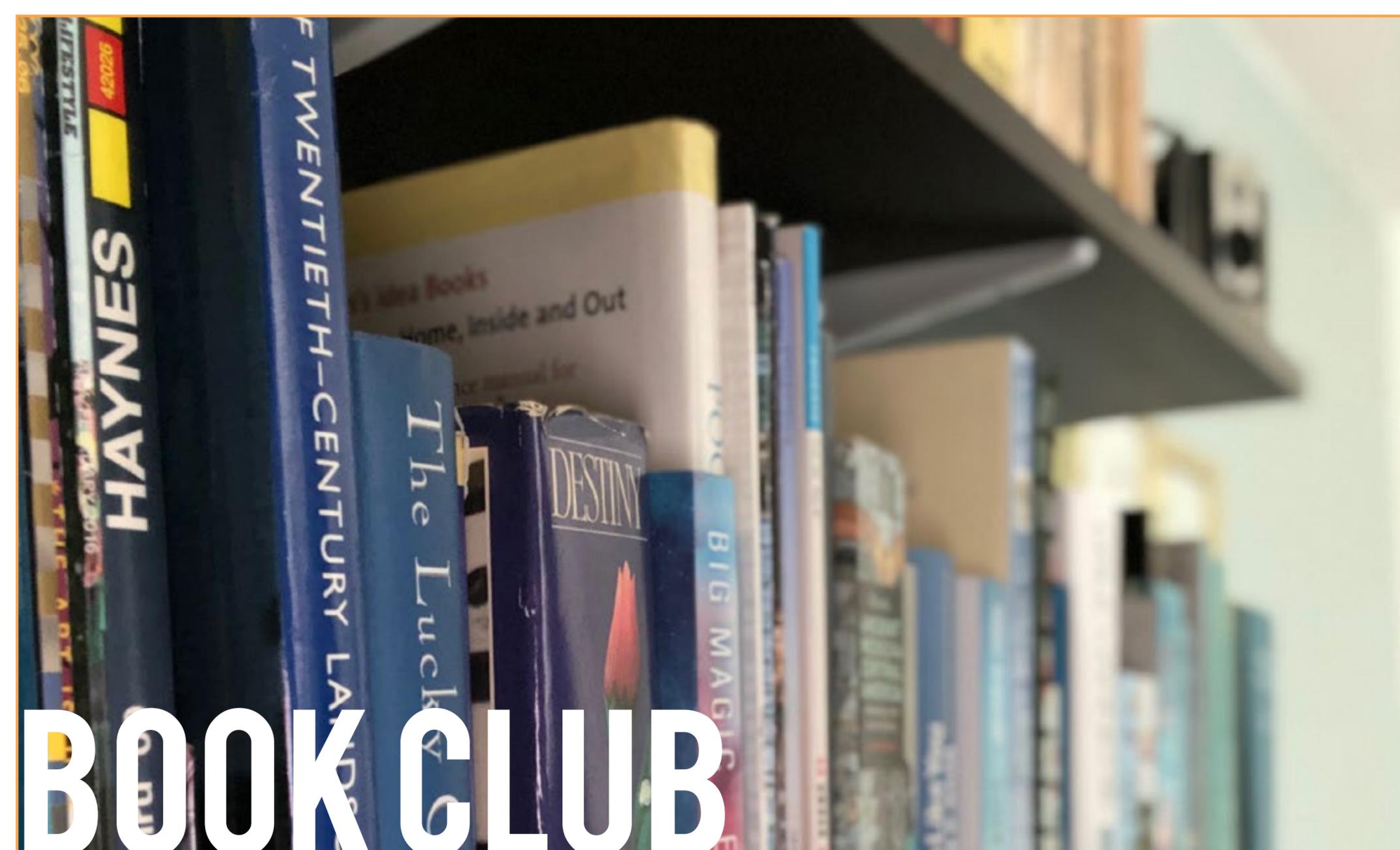
SPRING CLEAN

## QUOTE OF THE MONTH

MARCH

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

Charles Dickens



# BOOK CLUB

We are three months into the new year and we suggest revisiting your book list and pick a few titles to tackle this Spring. The weather is begging us to get outside and whether that be page turning a book or listening to one our team has some great recommendations for your book list.

Welcome to the Motion Mag Book Club.

One of our executives joined a book club about a year ago and avidly participates in a monthly read with a meet up and discussion. "Over the last year we have

read some great books and a few that were hard to get through, but if I had to recommend one, it would be: Devil in the White City. This historical fiction is a suspenseful page turner about the Chicago's World Fair and the well known H.H. Holmes. I enjoy books that are story telling in the descriptive witting style, but also based on real life events."

Not every book our team recommends comes from the fiction section. Another one of our executives recommends an audio book: the Ten X Rule read by the author himself, Grant Cardone. His energy

is a great motivator for drives to the office in the morning and the quick lessons are easy to apply in your life that day.

Another business book recommendation is Leaders Eat Last by Simon Sinek. Gemma M. has this on her list because the author has written so many great books in the past as well as our team enjoys watching his Ted Talk: Start With Why.

Books recommended by someone you know are the first to read because when that person knows

you they can help get a message across. Recently one of our mentors recommend a book to Anisa A., "I plan to read The Subtle Art of Not Giving a F\*\*\*. A book recommended by Devon to help me find & discover myself!"

Recently we wrote a blog about the popular book: Girl, Wash Your Face by Rachel Hollins and this month she releases the sequel Girl, Stop Apologizing.

These are just a few we have on our list. Keep your library growing.

# The MARIE Way

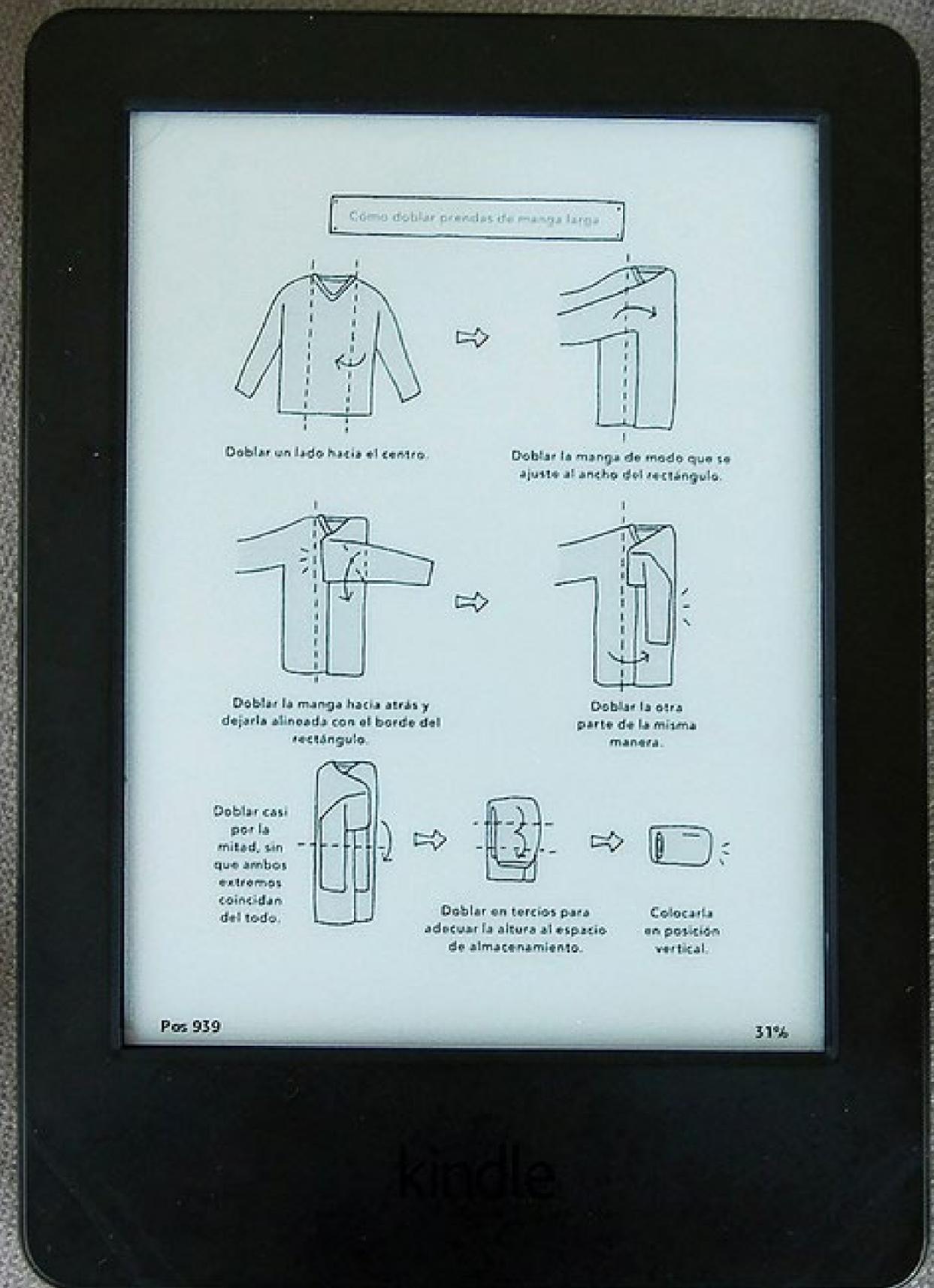
The latest Netflix series binge worthy is more than entertaining, its informative. “Tidying Up” with Marie Kondo started as a book and worked its way, quickly, onto televisions worldwide. The show focuses on couples who have let their stuff take over their lives, but you don’t need to be overwhelmed to take tips from this petite genius.

“Does this spark joy?” is the million dollar question asked by Ms. Kondo in the four areas of your home: clothes, books, documents and sentimental items. Each episode one family faces their fears and of course gets out their comfort zone to create the organized life they always wanted, but just needed to be shown the way.

Organizing like items is one of the biggest things she shows her clients. Keeping similar items together allows you to not only easily access them, but also reduce the amount you spend in replacing them or buying multiples. Probably, one of her more popular tips is the art of folding. As seen in the graphic on the next page, folding into thirds and then folding in half is her trick to reduce space and see everything clearly.

We mentioned the key phrase: “Does this spark joy?” But what does that really mean? Holding in your hands does it spark a feeling that you cannot imagine living without? If so keep it, if not, thank the item for what it has provided for you, then part ways.

From start to finish each episode teaches you about family, organizing and, of course, yourself. You will be motivated to start organizing your drawers after the first 15 minutes, I guarantee it.



**N**OW THAT WE'VE seen the show, our team is ready to Spring Clean, declutter and reorganize our entire house!

"I literally just cleaned out my entire closet, Gemma M. stated. "I donated my clothes to Goodwill, one large bag of shoes, and one large bag of clothes. I got rid of everything I haven't worn within the past 2 months. I feel like I went thru a mid 20 year crisis when I cleaned my closet out, I was thinking to myself, 'Damn I am 27, I can't be wearing this,' and got rid of ALL my college/partying



clothes." It is always smart to follow a time frame when going through your clothes.

Puneh N. follows the six month rule: "If I haven't worn it in the last 6 months, I probably won't wear it the next 6 months, so it's time to donate!" Not only is it great to give back and make room for the new, "It's very therapeutic," Puneh N. mentions.

When it comes to Spring Cleaning, we suggest getting the whole family involved. Anisa A. said, "Sharing a room with your significant other can get a little cramped if you aren't organized so shoes are always in it's cubby in the closet, shirts are hung and color coordinated, draw-

ers need to be closed, and no clothes on the floor!" Stick to these rules and you can avoid overwhelming piles of clothes or messes that get bigger with time.

While you're making room for the new make sure to cleanse your space first. Whether that be with household cleaners or a homeopathic method it is important to start fresh. Britt J. recommends saging the space and setting a new intention for the season to welcome light and love in your home. "All natural cleaners using lemons and eucalyptus oils are great for the environment and smell fantastic."

Keeping up these habits into the new year will be great for your home and health and remember it is all about one thing at a time. Start with the Netflix show and we promise you will be motivated to tackle it on your own!



## Spring Clean

"IF I HAVEN'T WORN IT IN THE LAST 6 MONTHS, I PROBABLY WON'T WEAR IT THE NEXT 6 MONTHS,"

OUT WITH THE OLD





STRENGTHSFINDER 2.0 TOM RATH

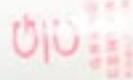


NEW YORK TIMES BESTSELLING AUTHOR  
CHELSEA CHELSEA



BANG BANG

Chelsea Handler



blink

The Power of Thinking Without Thinking



Malcolm Gladwell



Outliers



THE STORY OF SUCCESS

MALCOLM GLADWELL

LITTLE BROWN

STUCK IN THE HEAD



JUDD APATOW

