

# Divva

It's All About You

## Mythical king Janus symbolises resolutions

JANUS, a mythical king of early Rome, was placed at the head of the calendar year.

With two faces, Janus could look back on past events and also forward to the future.

Janus became the ancient symbol for resolutions and the Romans named the first month of the year after Janus, the god of beginnings.

Right before Janus' Day (January) they looked for forgiveness from their enemies and exchanged gifts before the beginning of the year.



## Spending time with family key resolution

THE New Year is about remembering the past, but more importantly looking towards the future.

A few days into the New Year and we look back at the best and the worst of the previous year – and resolutions are made.

Australians' top resolutions include - spending more time with family and friends, getting fit, losing weight, quitting smoking, enjoying life more, getting out of debt, learning something new, helping others and getting organised.

Keeping a New Year's resolution is marred with pitfalls and a United Kingdom study has found failure is far more common than success.

Less than one quarter of the 700 people, many of whom had turned to self-help gurus, involved in the University of Hertfordshire study managed to keep their resolutions.

Of the 78 per cent of people who failed, many had suppressed their cravings, adopted a role model to inspire them or relied purely on willpower to achieve their goals, ranging from weight loss to giving up smoking.

"Many of these ideas are frequently recommended by self-help experts but our results suggest that they simply don't work," psychologist Richard Wiseman, who led the study, told *The Guardian*.

"If you are trying to lose weight, it's not enough to stick a picture of a model on your fridge or fantasise about being slimmer."

The secret to keeping a resolution appeared to depend on whether the person had broken their goal into smaller steps and rewarded themselves when they achieved a certain step.

They also told their friends about their resolutions, kept a diary and focused on the benefits of success.

"Many of the most successful techniques involve making a plan and helping yourself stick to it," Wiseman said.

—Sarah Green/AAP

"2010 is about moving forward, not backwards. Leaving the bad (people, habits, and negative energy behind); time to make changes - right?"  
—Lindsay Lohan on Twitter.com



‘We can do the simple things like grocery shopping, dropping off and picking up DVDs, organising quotes and negotiating with contractors.’

—Carolyn Brown



Time Made Personal Concierge and Lifestyle Management director Carolyn Brown can help make your to-do list disappear.

PICTURE: KEVIN FARMER

# Business can help you find more time in 2010



By SARAH GREEN  
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Reporter SARAH GREEN talks to Carolyn Brown, director of Time Made Personal Concierge and Lifestyle Management, about getting organised.

IF being more organised or having more time is at the top of your New Year resolutions list then a Toowoomba-based business may be able to help you.

Carolyn Brown, the director of Time Made Personal Concierge and Lifestyle Management, can make your to-do list disappear.

"Most people make New Year's resolutions with good intentions, but then life gets busy and the good intentions fall off the radar," Carolyn said.

"Time Made helps organise all aspects of our clients' lives, including services ranging from grocery shopping, organising parties, dropping off and picking up dry cleaning."

Carolyn said she had always been an organised person: "I think that comes from many years of necessity – working full time with children made me 'see the light' about the importance of having organisational systems that worked for me.

"I'm not a morning person, so little things like getting lunches, clothes, sorting work schedules

and cleaning the kitchen the night before makes for a calmer morning. Because I follow these simple routines and systems I can throw on my shoes and take my dog for a walk before the work day begins. I understand my organising style and know what irritates me."

Goal setting was the most important piece of advice Carolyn could give for people feeling snowed under by the tasks ahead. "I can't stress the importance of goal setting, setting deadlines, prioritising and persistence," she said.

"Tell someone what it is you want to achieve and ask for their support – being accountable for your actions, and having support is extremely important."

Another recommendation was using just one diary.

"You can colour code personal and business appointments, if necessary and won't have to worry about over-committing yourself or reconciling diaries," Carolyn said.

"It's also important to develop, maintain and prioritise your 'to-do' list, making sure you get the most

important/difficult tasks done early in the day (you may realise you don't really need to some of the other tasks). Remember to reward yourself when you finish a particularly stretching task – go for a walk, a massage, read a book – anything you like to do."

The Toowoomba personal concierge company can help small business by outsourcing the tedious but necessary tasks.

"Businesses are able to focus on business ventures, while homeowners and employees are able to free up their time to focus on the important aspects of their work and life, spending more time with friends and family," Carolyn said.

"One area we are moving into is the provision of services for people being discharged from hospital. We can do the simple things like grocery shopping, dropping off and picking up DVDs, organising quotes and negotiating with contractors."

For more information visit [www.timemade.com.au](http://www.timemade.com.au) or phone Carolyn on 0408 191 286.

### Make time

Director of Toowoomba business Time Made, Carolyn Brown, offers the following tips to be more organised in 2010.

1. Cut up your vegetables as soon as you get home after shopping – most keep well in the fridge. This makes dinner preparation much quicker.
2. Put a basket near the door for items that need to leave the house i.e. library books, DVDs, school stuff. Much easier just to "grab and go".
3. Don't put your keys or mobile in a different spot each night after work. Choose a spot and make it a habit. You WILL go nuts if you have a scavenger hunt every morning.
4. For specific purchases, phone the store before you drive. There's no need to shop if an item is out of stock.
5. Make your bed. This small job makes your room look less cluttered and who knows, the cleaning/tidying bug may take over.
6. Discover the benefits of outsourcing and hire a personal concierge/professional organiser.