



FOR IMMEDIATE RELEASE

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**Contact: Jennifer McGinley
410-303-2252**

Productivity Expert Offers Tips for a Successful Start to 2020

Nettie Owens, Founder and CEO of Sappari Solutions, knows the start of a new year, much less a new decade can evoke a bit of anxiety. “It’s a normal reaction,” says the productivity expert and graduate of Johns Hopkins University. Nettie works with entrepreneurs, professionals, and corporations to reach their biggest goals through accountability and productivity.

“The New Year is a great time to reflect on your past successes and lessons and to set yourself up for success going forward,” comments Nettie. “Moving into 2020 marks a new year and a new decade. Here are a few strategies I use to help transition and prepare for the coming year.”

- Out with the old! Clear out files, projects, receipts, digital files that reflect past work you are no longer doing. Archive if needed and delete to give yourself a fresh start. (Handling files now makes tax time much easier!)
- Spend a morning listing all of your accomplishments over the last year. Once you have a good list, make a note of 'how' you did it. It's easy to forget what we have accomplished when we are moving forward but we can learn from our successes and our challenges equally.
- Review your calendar. What can you let go of to make room for the coming year's activities? Add the 'big stuff' onto your calendar for the new year to give yourself a framework moving forward.
- Vision - Wave a magic wand. Write yourself a letter one year from now explaining all that you have accomplished in the coming year. This clarifying exercise can help you see what will be important in the coming months.
- Break down your plan - on four separate sheets of paper (A digital file works too if you print it or save as your phone wallpaper) - list what must be accomplished in each quarter of the year to create your 2020 Vision. Work from the end (Dec 31, 2020) back to the beginning.

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Nettie is a nationally recognized and award-winning expert in the field of organizing, accountability, and productivity. She is a member of the National Association of Professional Organizers and the Institute for Challenging Disorganization. Her methodologies are brain-based and backed by science. She has written a book on creating an environment that supports who you are, what you do and where you would like to go. It is her mission to help others to clear the path to their potential. “When I am not teaching my

mission, I am living it within my own family,” comments Nettie. She is married with three children who challenge, inspire and teach her every day. For more information on Nettie and Sappari Solutions go to: [Nettie Owens](#).