



Real Solutions to Resolution Success

Susie Glennan, CEO of Busy Woman, Inc. offers timely advice on keeping organization resolutions and effective time management.

Thousand Oaks, CA (PRWeb via [PRWeb](#)) January 13, 2006 -- A recent survey of 2006 resolutions showed that getting organized topped the list for 46% of respondents. This came as no surprise to Susie Glennan, who has spent the past seven years helping individuals and groups get organized with personality based time management through her company The Busy Woman Inc. With January being "Get Organized" month, Glennan says there's no better time to get set up for success.

"Just like with diet changes, time management and organization are areas that most people really want to improve on, but are afraid of giving up what they love most," says Glennan, "Luckily with effective time management, you get more of what you love without sacrifice."

The keys to successful time management, according to Glennan, include:

1. Use personality rather than products to guide time management choices.
2. Start small, making only one or two changes at a time.
3. Evaluate often, instead of waiting for a crisis to happen respond to life and make changes as needed.
4. Seek support and advice to buoy you up throughout the process.

"Time management is not one size fits all. Different personalities have different needs. A type-B-motivated personality is not going to be able to breathe, let alone succeed, in a schedule developed by and for a type-A personality," explains Glennan. "Unfortunately too many people think it's their fault when they can't stick to a new system, when it may not have been the right system for them."

Glennan advises choosing a time management system that is adaptable to your needs, rather than a from the box system that doesn't allow for choices or customization.

"If you know you are going to need help look for a company that provides consultations and support," says Glennan. "Without support you will likely switch back to the old and comfortable but ultimately too busy lifestyle that you are used to. It takes time to adjust to any new habit."

To learn more about personality based time management or to arrange an interview, call Susie Glennan at the Busy Woman Inc. during office hours at (805) 375-1144 or visit <http://www.thebusywoman.com>

Susie Glennan
c/o Busy Woman Inc.
P.O. Box 1557
Thousand Oaks, CA 91358
800-848-7715

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Contact Information

Susie Glennan

THE BUSY WOMAN, INC.

<http://www.thebusywoman.com>

800-848-7715

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