

Little Steps Bring Big Changes

Good Housekeeping's Heloise recently offered these tips for making major improvements through weekly baby steps:

- Clean one shelf in the refrigerator, freezer, makeup or medicine cabinet. Throw away outdated, old, smelly or just plain bad items.
- Write one thank-you, how-are-you, or thinking-of-you note a week. This is a real letter or note mailed with a stamp. Hand-address the note and the envelope. No e-mail.
- Clean out a purse/briefcase/auto glove box/etc once a week.
- Move that houseplant that needs some TLC to a spot where you can see it better and give it the care it deserves.
- Go through magazines and books to see which can be passed on or recycled.
- Little steps throughout the week can add up to big changes in the long run.