



**Sagara  
Development**

What do we do for small business owners, fine artists and professionals?

We create time and space for you to focus on your vision. Then we'll help you get there.

In other words, we provide top-notch, highly customized administrative, creative, marketing and web site support.

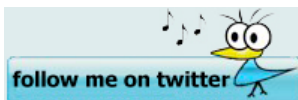
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Read back issues and other bits  
[at the blog.](#)

Or...



## Reconnecting, Lightening Up, and Other Good Stuff

These days it's really easy to get mired in all the zillions of little details and tasks that have to be done to keep us moving forward towards our goals. The emails, the phone calls, the bills, the huge to-do lists. Oy!

And after days filled with hundreds of emails, dozens of technology decisions, and thousands of moments focused on supporting my wonderful clients, I suppose I shouldn't be surprised that it can leave me feeling rather unconnected to life outside my office and beyond the two dimensional visions on my computer screen, however wonderful they might be. You too?

So this newsletter is dedicated to recapturing that which is so often lost for many of us: A feeling of lightness, and a feeling of connection to something bigger than ourselves, something that makes a difference, something that brings us joy and spreads that joy to others. Because it doesn't get much better than that, and it's a great antidote for the mind-numbing heaviness of detail overwhelm.

So, what I suggest is that you do what I do: get the heck out of the office and away from the computer and use your senses to engage in things non-digital. Feel the air, see the sights, listen to the sounds, eat something yummy, and have some conversations with three-dimensional people, get face-to-face, real time with the world out there.

Of course, if you're like me you might want to venture out there armed with more than sunscreen (or an umbrella if you're an east coaster) and a deer-in-the-headlights expression. I like to have something to inspire me, a theme, a project, you know, something to get me going and give me direction.

So either before, or even after you get out there, take a looksee here for some really awesome inspiration and fab ideas. I know I suggested getting away from the computer, but really, these will help

inspire you to do just that:

**Robin's Top Re-Connect, Lighten Up, and Have Some Fun Suggestions:**

*a.k.a. Good starts for me and you to get out there and expand ourselves and spread some joy:*

**1. "Start a hope revolution"** Simple, hugely fun, the perfect antidote for, well, anything! (And it WILL get you out of the office). It's Krystyn Heide's idea. She was in lower Manhattan one day, outside the loft where Heath Ledger had been found dead. She had in her pocket "a not so cryptic hate letter I had found in a nearby coffee shop earlier that morning, directed at anyone who might be compassionate towards a homeless person outside the window." And in the face of such unkindness, personal lows, and a world that felt very unwelcoming, she decided to DO something about it and ended up starting a Hope Revolution. Please take the time to read about it at the web site that grew out of her efforts. And then get out there and DO something, just like Krystyn did:

[www.hoperevo.com](http://www.hoperevo.com)

**2. Inspiration from an online training company? Yup!**

It might seem strange to look for inspiration, reconnection and fun at an online training company, but I always find joy in unexpected places (I just love it when that happens!) I use lynda.com to keep my skills sharp and because I like doing business with people who are doing some good in the world. In addition to an absolutely stellar online training library, they do a series of videos called "Creative Inspirations," documentaries on creative pros that are completely, totally, inspiring. Yeah, yeah, you have to have a subscription to see them, but at \$25 a month it's a steal. Just do it, okay? If you're really short on cash, just sign up for a month to watch the vids, trust me, worth it, seriously. [www.lynda.com](http://www.lynda.com)

**3. "Ideas Worth Spreading" is their motto, and they ain't kidding.**

"Riveting talks by remarkable people, free to the world" is what they say and boy-oh-boy do they walk their talk. Go to this web site, watch some of these amazing, thoughtful, brilliant, inspirational people and just SEE if you can still feel upset, small or like there's no hope for the world. I DARE you! [www.ted.com](http://www.ted.com)

**4. Send me yours!**

You know, your stories of how YOU get out there and get inspired to

lighten up, have fun, do some good, and expand your world. I'll add them to the next newsletter and (if you want) your name and a link to your web site.

See? You're doing some good stuff already!

A handwritten signature in cursive script that reads "Robin". The signature is written in a dark color, possibly black or dark blue ink, on a light background.

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