

Reminders, In This Generation

There are so many things to remember. How often have you had to remember to three, four or even more things and then, just like that, they are gone. Have you ever had to remember a birthday or anniversary and just forgotten? Not only does this anger you, but it really can hurt the feelings of the person who now feels as if they are not that important to you. That's not the case. You are just too busy with every other thing in your life to get anything to go right.

What Can You Do?

It is important to set up a system of reminders for yourself. You need to remember the birthdays, the anniversaries and that meeting with your child's teacher that is a month away. While you may feel like you don't have the time to do this, you just have to find it. It is essential that you do so because the more overwhelmed you are with remembering one thing or ten things, the more stressed your life becomes and then, well, it just gets worse.

Take the time to put into place a system that you can use each time that you need to remember something. For example, just keep a small notebook with you in your pocket to keep track of the events, schedules and other important information that you need to have. Pull it out; jot it down whenever there is something you need to keep track of.

But, it is important to reference this information as well. For many, the use of their cell phone, Ipod, or other electronic device can help them to keep themselves organized. If you are continuously missing appointments or are simply feeling overwhelmed with all that you have to do, then work on it! Use these systems to make sure that you keep life a little more structured.

Source: <http://www.articlecircle.com>

About the Author

Sandy Baker is a well respected writer and recommends using <http://www.mobilebdays.com>, a FREE service which allows you to send personalized greetings to friends and families on their birthdays.