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After Before Location: Easton, N.H. Nine years ago, when Toy Garfield was invited to a neighbor's party in her small town in New Hampshire, she says she walked in the front door, looked around and thought, These people live in my house. Filled with character and great light, the little clapboard had what Garfield calls good costumes. Her fate smiled a few months later when the owner, an artist, decided to rent a three-storey house. The toy moved in, and when the owner finally decided to put the house on the market, she and her then-new husband Doug knew they had to buy it. The front porch, made 7 feet longer to align with the accessory, commands a graceful view of the front yard, redolent with a scent from many lilac shrubs. Built in 1952, the house was configured to suit the needs of the previous owner, who lived alone. The master bedroom and kitchen were located on the first floor, with one large open-plan living room on the second floor entertaining friends, using a dumbwaiter to transport meals between the kitchen and the upstairs. The third floor, divided into bedrooms served as a storage room in the attic. Although they immediately updated the bathrooms and set up a small nursery for their new baby, the Garfields decided not to embark on a major renovation until they had been living in the house for several years. It seemed to be the best way to decide what they really wanted to change. They realized they were waiting at least five years before major structural changes. Meanwhile, Toy read a host of magazines about shelters, plucking out examples of interiors she liked and those she didn't like. The result was a book up and don't book – both proved extremely useful when the work began. Having worked in the retail sector for most of her career (now at the catalogue company, Garnet Hill), Toy knew that you often get more of what you want with pictures than words. I read horror stories in magazines about people who weren't able to communicate what they wanted to their builder or architect, and ended up with costly misunderstandings, she explains. Before the generous window in the kitchen replaces what used to be the front door. The owners have switched the main entrance to the far end of the house so that it opens into a new addition. The Garfields met with a local architect, but eventually decided to work directly with contractor Steve Chardon of Chardon Construction in nearby Franconia, New Hampshire. I knew I could figure out what we needed without an architect, Toy explains. We hired Steve and started the process with a kind of think tank on the weekend – he came in on Sunday mornings to drink coffee and brainstorm with us at the kitchen table. We had years of living in space and all the magazines to show him. Steve had a CAD [computer-assisted design] system, and he used it to show us on the screen shortly after how will our ideas go Visually. It was a great way to work together. The new kitchen and living room on the ground floor were at the very top of the wish list. We wanted to make an addition to the house without it looking obviously new and incompatible with the original structure, Says Toy. The extension of only the first floor to achieve the added living room created an unpleasant roof line. To fix the problem, Chardon suggested they spread upwards to include an additional room on the second floor. I thought it would be twice as much money, but that wasn't true, Says Toy. The ground floor accounts for most of the cost. So informed, the Garfields decided to revise the plans and build a master bedroom and bathtub over the new living room. The old master bedroom on the first floor has become a family room. Located on the opposite side of the kitchen from the living room, it's the perfect place for a four-year-old Dodge to play while adults cook and hang out nearby. For a new kitchen, the magazine's tear sheet she'd saved from years ago served as a visual guide. Both show a spacious kitchen with a central island, a dining area and a lined semi-walls that separate the dining area from the living room. I thought [half the wall] was such a great way to split the two rooms, Toy says. We had a page taped to the wall: working people loved it. If Steve wasn't there by accident, they knew exactly what it was supposed to look like. We used it as our guide that corresponds to moulds, woodwork – everything. With the addition, they extended the front porch and moved the main entrance from the original, central location to the far end of the house. A new mudslide with tiled floors (the rest of the house has Vermont maple floors) joins the new main entrance. Sliding, paned pocket doors salvaged from the frame of the second-floor space where the family store coats, gardening tools, skis and toys. The window insecuings in the foyer were built next to a muddy room to match the favourite antique-style bench the Toy bought a few years ago. I wanted the flexibility of pieces of furniture instead of something built-in, Toy explains. Someday I might want to replace that bench with a table. Although most of the renovations have now been completed, Toy Notebook ideas and magazines continue to grow. My house is in many ways similar to a cottage. It's casual and easy to maintain. I've always loved England and I was inspired by the English interior. There's not a lot of formality about me and I think that reflects on our home. Lately it collects ideas for colors and accessories. The next big project involves landscaping with lots of colour and texture – but it's in four or five years, he laughs. Garfield's four-year-old son, Dodge, plays on an antique-style bench in the foyer next to the muddy, where storage bins keep toys and shoes tidy. Toy painted Dodge's bedroom out cut paper stars to see where they will be placed on the walls, and then pattern shapes in blue and yellow. This content is created and maintained by a third party and imported to this page to help users order their e-mail addresses. You may be able to find more information about this and similar content on piano.io Last updated on October 20, 2020 You have a deadline looming. However, instead of doing your job, you mess with a variety of things like checking your email, social media, watching videos, surfing blogs and forums. You know you're supposed to be working, but you don't want to do anything. We're all familiar with the phenomenon of procrastination. When we procrastinate, we waste our free time and delay the important tasks we should be doing until it's too late. And when it's really too late, we panic and wish we'd started early. Chronic procrastination I know have spent years of your life looping in this cycle. Delaying, delaying things, stiding, hiding from work, coping with work only when it is inevitable, and then repeating this loop anew. It's a bad habit that eats us away and prevents us from achieving greater results in life. Don't let procrastination take over your life. Here I will share my personal steps on how to stop procrastinating. These 11 steps will certainly apply to you:1. Break Your Work in Little StepsPart the reason why we procrastinate is because subconsciously, we find the work too overwhelming for us. Divide it into small pieces, then focus on one part at that time. If you're still stalling the task after you break it, then break it even more. Soon your task will be so simple that you will think, god, this is so simple that I could do it now!. For example, I am currently writing a new book (on how to achieve anything in life). Writing full-scale books is a huge project and can be overwhelming. However, when I break it into stages such as – (1) Research (2) Decision-making on the topic (3) Drafting (4) Drafting content (5) Writing chapters #1 to #10, (6) Revision (7) etc. Suddenly it seems very manageable. What I'm doing then is focus on the current phase and get it done as best I can, without thinking about the other stages. When it's over, I move on to the next.2. Change your environmentDifference environments have a different impact on our productivity. Look at your desk and your room. Are you told to work or are they waving and sleeping? If this is the latter, you should consider changing your workspace. One thing to be noted is that the environment that makes us feel inspired before can lose its effect after a period of time. If that's the case, then it's time for things to change. See steps #2 and #3 13 jumpstart strategies which speaks of the restoration of your environment and workspace.3. Create a detailed timeline with specific deadlinesThesting only 1 deadline for your work is like a call to procrastinate. That's because we get the impression that we have time and keep pushing everything back until it's too late. Break your project (see tip #1), and then create an overall timeline with specific deadlines for each small task. In this way, you know that you must complete each task by a certain date. And your timelines must be robust – that is, if you don't finish this by today, it will jeopardize everything else you've planned after that. In this way it creates the urgency of action. My goals are based on monthly, weekly, daily task lists, and the list is a call to action that I have to accomplish by the specified date, otherwise my goals will be set. Here are more tips on setting deadlines: 22 Tips for Effective Deadlines4. Eliminate your procrastination Pit-StopsIf you're stalling a little too much, maybe it's because you're making it easier to procrastinate. Identify your browser tags that take up a lot of your time and transfer them to a separate folder that is less accessible. Disable the automatic notification option in the e-mail client. Get rid of the distractions around you. I know some people will bare and delete or deactivate their Facebook accounts. I think it's a little drastic and extreme because tackling procrastination is more about the awareness of our actions than opposing self-binding methods, but if you feel it's necessary, go ahead.5. Hang out with the people who inspire you to take action I'm pretty sure if you spend only 10 minutes talking to Steve Jobs or Bill Gates, you'll be more inspired to act than if you spent 10 minutes doing nothing. The people we're with are influencing our behavior. Of course spending time with Steve Jobs or Bill Gates every day is probably not a feasible method, but the principle applies - The hidden power of every single person around you Identify the people, friends or colleagues who drive you - most likely go-getters and hardworking workers - and socialize with them more often. Soon you will link both their instinct and spirit. As a personal development blogger, I associate with inspirational personal development experts by reading their blogs and regularly texting with them via email and social media. It's communication through new media, and everything works the same.6. Getting buddyhaving companions makes the whole process much more fun. Ideally, your friend should be someone who has his goals. You will both hold each other accountable for your goals and plans. Although it is not necessary for you both to have the same goals, it will be even better if that is the case, so that you can learn from each other. I have a good friend. I talk regularly and we always ask each other about our goals and progress in achieving these goals. Needless to say, it encourages us to continue taking action.7. Tell others about your goalsit serves the same function as #6, on a larger scale. Tell all your friends, colleagues, acquaintances, and family about your projects. Whenever you see them, they'll certainly ask you about your status on these projects. For example, sometimes I announce my projects on the Personal Excellence Blog, Twitter and Facebook, and readers will constantly ask me about them. It's a great way to stay accountable according to my plans 8. Look for someone who has already achieved the outcomeWhat do you want to achieve here and who are the people who have already achieved it? Look for them and connect with them. Seeing living proof that your goals are very well achieved if you take action is one of the best triggers for action. Re-clear your goalsIf you stall for a long time, it might reflect the incomparation between what you want and what you are currently doing. We often outgrow our goals as we discover more about ourselves, but we don't change our goals to reflect that. Step away from work (a short vacation will be good, otherwise only a weekend vacation or stay will do too) and take some time to regroup. What exactly do you want to achieve? What do you need to do to get there? What steps should be taken? Does your current work align with that? If not, what can you do about it?10. Stop complicating thingsAre you are waiting for the perfect time for this? That might not be the best time now because of the X, Y, Z reason? Get rid of that thought because it's never the perfect time. If you keep waiting for him, you'll never get anywhere. Perfectionism is one of the biggest reasons for procrastination. Read more about why perfectionist tendencies can be bane rather than a boon: Why being a perfectionist might not be so perfect.11 Get the Grip and Just ToAI end, it comes down to taking action. You can do all the strategizing, planning and hypothesis, but if you don't take action, nothing will happen. Occasionally I get readers and clients who constantly complain about their situations but still refuse to take action at the end of the day. Reality Check I've never heard of anyone stalling their way to success before and I doubt that will change in the near future. Whatever you're stalling, if you want to do it, you have to hold on to yourself and do it. Bonus: Think as RhinoMore Tips for Procrastination start taking actionFeatured photo credit: Malvestida Magazine via unsplash.com unsplash.com

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