



# At Home

Making the Most of Living in a Cowboy  
Properties Community  
Jan. 3, 2025

## Clearing the Clutter

A new year is always a good time to evaluate and organize the things in our space as well as make room for gifts given to us over the holidays. Kick clutter to the curb with these tips for helping you along:

- If you let the item go now, what would it take to get it back? Is it sold at any local big box store? Can it be bought for \$25 or less? Can you get a replacement tomorrow with Amazon Prime? If so, you can probably let it go now. This is extremely helpful for making decisions about kitchen appliances you rarely use.
- If the item were to get covered in mud, would you attempt to clean it off or would you throw it out?
- Pick one item in your house to give away each day. This would remove 365 items from your home over a year.
- Split big jobs into smaller tasks, like sorting through your shoes one day and your shirts the next instead of your whole closet at once. Similarly, set a timer for 2-5 minutes and use that time to toss out the items that are easy for you to let go of. You'll immediately feel lighter. Any time that you have a moment where you think 'why do I still have that?,' throw it out or put it onto your donation box right then instead of putting it back to deal with it later.
- If you have items that you are unsure about, put them in a box out of sight and go through it every few months. If you haven't thought about the item in those several months, donate or toss it.

## Level Up in 2025

The start of a new year is an ideal time to reset, reflect, and set the tone for the months ahead. To kick things off with purpose and positivity, here are some of the best things you can do:

**Set Clear Goals:** The new year is synonymous with resolutions, but instead of vague aspirations, create specific, actionable goals. Whether it's advancing in your career, improving fitness, or cultivating a hobby, break larger goals into smaller, achievable steps. Write them down and track progress throughout the year.

**Reflect on the Past Year:** Take time to review the highs and lows of the previous year. What were your greatest accomplishments, and what challenges did you face? Reflecting on these moments can help you identify patterns and learn from past experiences, giving you valuable insights for the year ahead.

**Prioritize Self-Care:** The new year is an opportunity to prioritize health and well-being. Establish routines that support your mental and physical health, like regular exercise, a balanced diet, and mindfulness practices such as meditation or journaling. A consistent self-care routine can help you feel more grounded and focused.

**Reconnect with Loved Ones:** Let's be real, life gets busy, and sometimes we forget to check in with the people who matter. Make plans with your friends, catch up over cocktails or coffee, and remind yourself why you love them.

## Events of the Week

### [Electric Alley Arcade](#)

Through Jan. 11, 11 AM - 9 PM  
Millcreek Common (1354 E Chambers Ave., Millcreek)  
Features classic pinball, bubble hockey, skee ball, arcade games, and more. \$5 for unlimited play.

### [Monster Jam](#)

Jan. 3-5  
Delta Center (301 S Temple, Salt Lake City)  
Awesome trucks, amazing stunts and action-packed excitement.

## Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

### [Salt Lake City Tenant Resource Center](#)

### [Power & Gas Assistance](#)

### [Utah Department of Workforce Services Resources](#)

### [General Assistance \(Utilities, Food, Housing\)](#)

[utahca.org/housing/](http://utahca.org/housing/) or call (801) 359-2444  
[211utah.org/](http://211utah.org/) or call 211  
<https://jobs.utah.gov/assistance/index.html>

### [Food Resources, and Mobile Food Pantry Dates and Locations](#)

<https://www.utahfoodbank.org/programs/mobile-pantry/>  
[FeedUT.org](http://FeedUT.org)