



NOOK & CRANNY

Monthly Newsletter

JANUARY 2022

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How about random acts of kindness instead of resolutions?

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START THE YEAR OFF WITH A
DEEP CLEAN

REGAL CLEANING SERVICES

Cleaning With Care...

314-226-1916
RegalCleansMO.com



Give your home that deep clean for the start of 2022 to maintain throughout the year.

Get \$75 off for **JANUARY Special!** But hurry, limited quantities are available, and a quote is required.

Click on the \$75 off tag to get your **FREE** quote.



Instead of Resolutions...

Every December 31st, we make a list of resolutions for the coming year. They may include:

- More family time or self-care
- Taking that vacation
- Losing Weight - being more healthy
- Professional Goals - finishing a degree or certification

These are wonderful, but we are still allotted the same amount of time each year - 365 days, 8,760 hours, or 525,600 minutes at our disposal.

I propose for 2022 to 'Pay It Forward' or hand out 'Random Acts of Kindness.' Wouldn't that be more satisfying?

I know we are all busy, but this doesn't have to take a lot of time from your schedule. What would this look like?

- Holding a door for a stranger
- Letting someone in front of you in line at the checkout (especially if they have fewer items than you)
- Take a day not to complain.
- Tell someone you like their look - hair, outfit, shoes
- Pick up that piece of trash in a parking lot and throw it away.
- Put away an extra cart from the parking.
- Smile at someone (this one may be difficult when we're all wearing masks.
- Let someone else pick what to watch on TV.

So maybe we add 'kindness' to our daily routines in 2022 (and beyond).

Why not make the most of your time - hire **Regal Cleaning Services** to give you MORE FREE TIME!

Contact us today for a FREE quote and book your cleaning today.



WHAT DOES YOUR WEEKEND LOOK LIKE?



National Dress Up Your Pet Day on January 14th provides a special day to celebrate with your pet and show their fashion style.

Pets do become part of one's family. Whether you take a visit to the groomer or take it a step further and dress up in matching outfits, be sure your pet companion is safe and comfortable.

National Dress Up Your Pet Day was founded in 2009 by Celebrity Pet Lifestyle Expert and Animal Behaviorist, Colleen Paige.



Be sure to read all of [The Nook & Cranny Newsletters](#) on the Regal Cleaning website



Vision Board For YOU

Surely you've heard of vision boards, but in case you haven't, what are they?

The concept is to visualize your future, and by doing so, you will attract the things you want. According to Psychology Today, seeing is believing.

- A vision board makes your dreams clear
- You have more opportunities to focus on your goals
- Your intentions are more specific
- There is more opportunity to be motivated when you see your goals
- Productivity can be enhanced.



Making Your Vision Board

Materials

- Images && Text - Magazines/Online sources
- Poster Board
- Craft Supplies - Scissors, Glue sticks, Paper, Pens, and Markers

To begin you need to do these things:

- Reflect on the past year
- Pick your goals
- Collect words and images that reflect your goals
- Organize your images on your poster board
- Place your vision board in a prime location
- Make time for your vision board

[Read More](#)

REGAL CLEANING SERVICES

We know we're not the only competitively priced cleaning service in town, but we make it a priority to guarantee that all of our techs are well trained and appreciated. In addition, we focus on **employee satisfaction** to ensure our techs enjoy what they do and take pride in their work.

Finally, you can rest assured that Regal Cleaning Services strives for employee longevity, which in turn means you're hiring a local company with experience and a passion for cleaning. **We truly enjoy giving back your time!**



We offer a variety of services to accommodate almost everyone.

Top to Bottom Deep Cleaning - Regal Cleaning Services deep cleans your home **TOP TO BOTTOM**. Whether you're looking for a one-time clean or the first clean before reoccurring services, we will help you escape the mess and leave your home with that "ahhhhhh" feeling! Of course, this also sets you're home up to continue with a routine maintenance cleaning.

Routine Maintenance Cleaning - With your home in five-star shape, **ROUTINE MAINTENANCE CLEANING** will allow you to continue to have more time while keeping your home in tip-top shape! Let us help you escape the MESS.

Moving-in/out Cleaning - Regal Cleaning Services offers a very flexible list-detailed, move-in, and move-out clean to make the transition to your new home easy.

Please check our website for a complete list of services.



www.RegalCleansMO.com