

Are you ready for a change?

Inspired by her bestselling book, *The Change Your Life Challenge*, Brook's new *Make Today Matter Life System* brings step-by-step support, guidance, and a revolutionary approach to help you build your best life.

Thousands of women have come to this site as skeptics--wondering if Brook's programs could work for them. These women are now enjoying the positive, unparalleled benefits offered by Brook's well-researched, comprehensive, step-by-

step, proven programs.

If you think you have “tried everything” and there “isn’t any hope left,” think again. That is what hundreds of women thought prior to the *Making Today Matter Life System*.

12 Benefits of the online, interactive program by Brook Noel, bestselling author of 19 books including *The Change Your Life Challenge*



Unlike other programs, the *Make Today Matter Life System* takes a fresh approach, incorporating internal and external exercises to foster lasting lifestyle change. Each Step is carefully outlined leaving no room for "guessing" how to make the program work. Organize your life, control clutter, prioritize and more with this innovative program.

- 1. The journey begins with the *Make Today Matter Toolbox*:** 30 step-by-step guides you can work through at your own pace to help you [save time, regain control, get organized, eliminate chaos and clutter, feel better, regain energy, build balance, and find more joy](#) (You can download these 4-10 page guides or read them online) [These guides cover 17 life areas and provide an ongoing system for achieving and maintaining life balance.](#)
- 2. Live expert support** through online events and forums hosted by Rhonda Miga, Brook Noel and the MTM Support Team message boards for each of the 30 lessons to help you find the support and answers you need quickly
- 3. Access to the MTM Library** for printable worksheets, event transcripts, and exclusive printables
- 4. Reflect on your journey in an online private journal** offering journaling questions and self-discovery prompts for each of the thirty steps
- 5. Build a Soul Food deck** with inspirations or download cards designed by Brook Noel for *Make Today Matter Members*

6. **Build friendships** and meet other women in our positive topic-specific community forums. You'll find sharing circles for those over 50, women with newborns, work-at-home moms, women with their own businesses, women with ADD, mom of children with special needs, homeschooling and more
7. **Enjoy the new Menus and Mealtimes service** with three weekly menus each month complete with shopping lists and a recipe sharing board
8. **Download the monthly Make Today Matter Magazine** packed with tips and ideas to help control clutter, keep your home clean, achieve and maintain balance, and much more.
9. **Priority Planning and Challenges from Brook Noel:** Brook offers you a step-by-step workbook for effective planning to meet your goals each month. Throughout the week she also issues member challenges. Join in and interact with Brook on these special challenges to help you break through barriers and build balance and contentment.
10. **Housework Helpers & Online Action and Accountability Area:** Use our moderated online action room to get motivated and get things done along with rewards for total effort and consistency (\$9.95 a month value)
11. **Events with Brook:** Join Brook six times each month for online events or to ask questions.
12. **Your choice of three specialized Mini-Workshops each month:** These action-oriented Mini Makeovers are content-packed, specialized action plans to help you implement a desired change quickly. Each workshop includes a printable lesson (5-20 pages), action plan, message board and online accountability tools.

100% Satisfaction Guarantee

Try it for yourself! If you are not completely satisfied just let us know within 14 days of the date you receive your login information and we will refund you 100% - no questions asked. You can cancel at any time by contacting our customer support desk.

Ready to get started?

New groups begin each month, or join the Independent Group to start now. Go to www.maketodaymatter.net to begin!

A few of the benefits of Make Today Matter Membership:

Make Today Matter Membership (MTM) is our complete offering packed with tools and support to help you build balance, get organized, and maintain it. The program includes:

- Brook's 30 Step Toolbox
- Menus & Mealtimes Membership
- Housework Helpers Membership
- Exclusive MTM Magazine
- Brook's Soul Food Gallery
- Member-Only Sprint Rooms
- The MTM Printable Library
- 30+ Moderated Community Forums
- Your choice of three Mini-Makeovers (ebooks) per month
- Online events hosted by Brook and the MTM Team like Girls Night Out and Operation Ugly
- Monthly Priority Planning Workshop
- Challenges from Brook
- Member Contests
- Monthly Make-Ahead Meals Event
- Online Support and Help Area
- Private online journal and downloadable monthly journal pages
- Make your own Soul Food card printables

Catch All Notebooks: A new way to plan and organize



includes everything shown above and your choice of one of the three 5 x 7 hardcover notebooks below



Quote: Dwell in possibility. ~Emily Dickinson



Quote: Be the change you want to see in the world. Gandhi. This notebook is made of 100% Recycled Post-Consumer Content



Quote: The best way to predict the future is to create it.

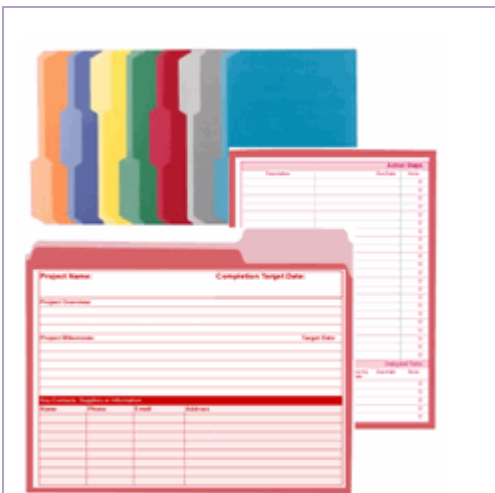
EACH CATCH-ALL NOTEBOOK SET(CAN) INCLUDES:

Your choice from three designer notebooks featuring Brook Noel's exclusive art. Each notebook features durable double-o wire binding and 200 sheets of lined paper. Elastic loop with pen included. Unlike much of today's stationary which is manufactured in the far East, we are proud to say these notebooks are made 100% in the USA.



Note: All inserts are printed on 100# Matte Cover Stock for easy insertion into the CAN system. Excluding the Contact Cards all cards are printed on both side to conserve paper.

- **2 Contacts Cards** to quickly store your most frequently dialed phone numbers. Placed in a self-adhesive pouch this card can easily be transferred from CAN to CAN.
- **Pen**
- **6 Three-Step Action Lists (3 cards double-sided):** Each Action List features three color coded lines and the day of the week allowing for one week of Action Items per side, two weeks per card.
- **8 Gratitude Lists (4 cards double-sided)** Each with 21 lines for storing 2 months of thankfulness. (These cards are also make great general list cards.)
- **4 Planning Blocks (2 cards double-sided)** Use these 4x6 cards as calendars for the month or for the week
- **1(4x6) crystal clear self-adhesive pockets**
- **2 self-adhesive corner pockets**
- **1 Art Card Cover** by Brook Noel with a self-adhesive crystal clear pocket for the cover. Each notebook features a different motivational card. Need a new look or new inspiration? Simply swap out the Art Cover with our [Art Cover line](#) or one of your own creations.
- **1 (3x7) crystal clear self-adhesive pocket** for your Contacts list or 3 Step Action List
- **2 Action Clips:** One for bookmarking Active Tasks and another for bookmarking Short-Term Action Items
- **1 Set-Up Guide:** These notebooks come with all of the components listed above but they are not pre-assembled. This allows you to customize your notebook to meet your personality. The Set-Up Guide includes detailed instructions on how to assemble your C.A.N. to work best for you.



New! Filing solutions by Brook Noel

Take control of projects and tasks with Brook's new line of colored coded folders. Standard and expanded styles available in two styles:

- Notes & Archive
- Project Management

Also available are self-adhesive ledgers to turn your own folders into notes files, project files, or financial files

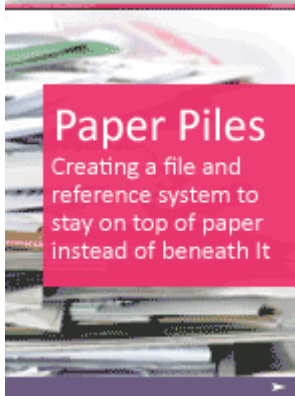
Learn more or order at

<http://www.maketodaymatter.net/catalog/catchallnotebook/can.htm>

Online Courses from Brook Noel

Paper Piles & Files

Creating a File & Reference System to Stay on Top of Paper instead of Beneath It



5 Weeks - \$39.00
Sessions:
August 10, 2009

Are you drowning in paper?

Is it hard to find the document you need, when you need it?

Are your drawers overflowing with mail and items to file, kids projects and paperwork?

Do you have stacks of magazines and information you "want to look at" but haven't had a chance yet?

Do you have piles of printouts from the Internet that you don't know what to do with?

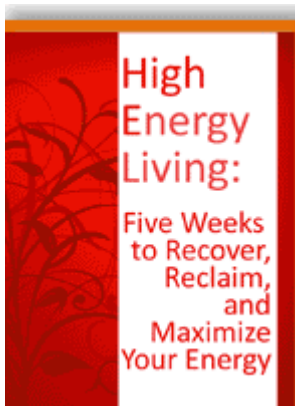
Have you purchased multiple paper-sorters, paper gadgets, and organization tools only to find the piles prevail?

If you answered yes to any of these questions, this class is for you.

During this five-week course you will learn a new way to tackle the paper piles once and for all. The one unique rule of my approach is that during this class, you are not allowed to purchase any manila folders, hanging files, cute tabs, filing cabinets, paper sorters, or other paper-storing materials. We aren't going to buy a system and try to make your papers "fit into the system." Instead, we are going to discover your unique Paper Personality, and then create the system to support it.

High Energy Living

Five Weeks to Recover, Reclaim, and Maximize Your Energy



5 Weeks
\$39.00

Sessions:
April 20, 2009
September 7, 2009

- Do you wake up feeling drained instead of invigorated for the day ahead?
- Do you find your energy goes up and down, making it hard for you to exert consistent effort?
- Do you have a hard time staying focused or following a task through to completion?
- Would you describe yourself as depleted rather than rejuvenated after the day?
- Do you frequently feel dissatisfied with how a day unfolds and just wish you had more energy?

If you relate to these questions, an Energy-Tune Up might be just the treatment you need.

Did you know that scientists can predict how much energy you will have in the afternoon based on what you do within the first hour of waking? You'll learn the routine that increases energy and many more tips you can apply immediately in your life. (And no, you don't have to run three miles every morning!) In this class, I will help you ...

- Understand your personal energy cycle and how to use it to your advantage
- Identify key energy drainers in your life and devise an action plan to eliminate them
- Determine how much sleep you actually need
- See how your food and beverage choices (and when you eat them) impact your metabolism and energy
- Learn the 5 secrets of high-energy individuals and how to apply them to your life
- Explore the external factors that effect Energy (from color to sound to temperature)
- Understand what scientists have learned about how we sleep, our ideal patterns, and maximizing rest to invigorate the body

Often when we think of "improving energy" we look at our eating patterns, sleeping patterns and exercise habits. While these three physical-factors play a key role, they only represent **one component** of the energy matrix.

Extreme Home Makeover 10 Weeks to the Home You Want



10 weeks \$49

Sessions:

February 9, 2009

June 1, 2009

September 14, 2009

Have you ever found yourself saying any of the following...

"I need a personal organizer!"

"If I could just get a system to keep my house clean..."

"My house is so cluttered... it needs an overhaul!"

Or have you ever felt that...

... you'll never get control of the chaos and clutter?

... your family is working against your goal of creating an organized home?

... you won't have the organized home of your dreams until your children are grown and gone?

Help is here! Not only will you have a clean and organized home at the end of this 10 week course, you'll have fun in the process. (Yes, cleaning can be fun.) The before and after contest is always a big hit and the group camaraderie has made this one of our most successful offerings! This class also includes many bonuses like a free pass to our Housework Helpers sprints. You will have over 60 hours a week where you can join other women online and do "timed cleaning sprints." See the left panel for more details on bonuses.

Over the course of ten weeks you will work step-by-step through five challenges a week to not only get control of your home--but create a plan to keep it that way! Over the course of this class your workbook will become an action plan of success, filled with tips and tools to take control of your home.

Searching for Something How to Uncover (and live) Your Values, Passion and Purpose



4 weeks

\$39.00

Sessions:

March 9, 2009

August 24, 2009

Have you felt that something is missing, yet been unable to identify what that "something" is?

Have you ever felt that there must be something more than this?

Have you ever felt your life is a series of "to-dos" but that you aren't really living?

Have you felt that something is missing, yet been unable to identify what that "something" is?

This course is specifically designed for anyone who has struggled to identify their values, passions and purpose. Over four weeks we will complete a series of exercises that will allow you to CLEARLY articulate the most important forces that drive your life. When we articulate, understand and live by our values, passions and purpose, we can finally fill that ache that is looking for "something more."

View the complete course outline at www.maketodaymatter.net by clicking "Online Courses" from the top navigation menu.

View the complete course outline for all of our courses at www.maketodaymatter.net by clicking "Online Courses" from the top navigation menu.

Order your signed copy at
www.maketodaymatter.net/productcatalog.htm



The Change Your Life Challenge: Step by Step Solutions for Finding Balance, Creating Contentment, Getting Organized and Building the Life You Want **Published: August 2008**



Good Morning: 365 Positive Ways to Start Your Day
Published December 1, 2008

"I've used planners, Lotus Organizer (my life! I love it—syncs with my PDA), MS Project, but nothing actually kept me on track the way the CYLC Catch-All Notebook and the Action Item List has." —*Pat, Indiana*

"Self-help books have been around for a long time, but sadly readers usually don't change much after reading them. But Brook Noel has provided an easy-to-follow guide to make some longlasting changes to bring organization and direction to your life. **Don't procrastinate any longer in changing your life into the one you know you are meant to enjoy.**" —*Diane, Arizona*

"The CYLC has taught me that life is much more pleasant when it isn't a race or out of control. I have realized that anyone can be wellrounded and have everything that matters when they have continuous support, goals, and a course of action for life. By using this system, **I no longer feel like I just exist, but that I am actually living** and getting to where I want to be." —*Lynda, Ontario*



Change Your Life Challenge Companion Worksheet Printable CD-ROM

The Change Your Life Challenge workbook CD-ROM contains 55+ worksheets, printables and tools in 8.5 x 11-inch letter size so you can easily print as many copies as you need while working through the program and learning innovative ways to manage time, get organized, conquer clutter, and more.

- Snapshot
- Action Plan
- Friendship Table
- Self-Friendship Table
- Why We Say Yes
- Power Hour Worksheet
- Short-Term Worksheet
- Active Task List Worksheet
- Financial Record Worksheet
- Wants Ledger
- Bills Ledger
- Actual Spending Ledger
- Errands Checklist
- Organizing Relationships Worksheet
- Prioritizing Our Relationships
- Self-Coaching Strategies
- Housework Helpers Worksheet
- Weekly Master Task List
- Yearly Master Task List
- Nightly Reflection Checklist
- Six printable Soul Food Cards
- Six printable Soul Food Card templates

- Perpetual Calendar Worksheet
- Contact Page Template
- Personal Quota Worksheet
- Contacts Card Printables
- Printable Binder Cover
- Letter sized calendar block
- Letter sized weekly planning sheet
- Weekly Meal Plan Sample
- Meal Planning Worksheet
- S.O.S. List
- Three Step Action List Printable
- 15 Self-Reflection Journal Pages
- Good Morning Reminder Cards
- Power Hour Worksheet Self-Sabotage Checklist Dates & Deadlines 1-31 Checklist

Workbook CD-ROM Only \$28.00
Order the book and workbook for \$44

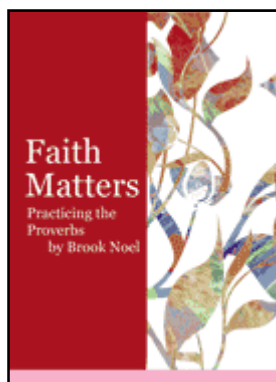
Make Today Matter Life Management Binder

This set includes a three-month supply of the core system worksheets shown below.

The Make Today Matter Binder set includes a three-monthly supply of everything shown below at a 10% savings

Learn more at

<http://www.maketodaymatter.net/catalog/mtmbinder/mtmbinder.htm>



Faith Matters: Practicing the Proverbs

32 days of daily study
23 pages \$4.95

In this Faith Matters Study we explore 15 Proverbs. Each Proverb exploration includes a call to action to put the Scripture into practice in your own life. There are two implementation ideas for each Proverb for a total of 30 ideas to implement over the course of the month. The study is designed as a printable journal to record your experience of practicing the Proverbs.

Visit <http://www.maketodaymatter.net/catalog/ebooksandworkbooks/ebooksandworkbooks.htm> to view all of our downloadable ebooks and workbooks

Stay in the know...

Visit <http://www.maketodaymatter.net/service/freenewsletters.htm>

To subscribe to Brook Noel's free Good Morning Newsletter and The Challenge Weekly
You will also find over 30 free printables! New printables add monthly.

Keep It Clean Toolkit



Adapted and expanded from Brook Noel's online Housework Helpers program, 10 Weeks to the House You Want course, and the Make Today Matter Life System, this kit provides everything you need to get your home clean and keep it clean!

The kit is neatly organized in a soft pink vinyl folder with clear sheet holders. Both the front and back feature a full 8.5 x 11 pocket to keep your active tasks handy and visible.

Inside are four additional clear pockets for storing the Inventory, Weekly, Daily and Monthly worksheets included in this Toolkit.



Two half pockets (one on the inside and back cover) provide additional storage space. This 3-hole punched binder folder can easily be added to your MTM Binder or kept separate.

The Keep It Clean Quick Start Guide will help you:

- Take inventory of the tasks to be done in your home
- Break down tasks into manageable parts
- Provide examples of a completed plan
- Ensure you set realistic goals and expectations
- Organize your tasks into daily, weekly, and monthly routines to ensure housework doesn't pile up

Provide tips for staying motivated and staying on track

(This product is only available in the Housework Helpers Toolkit. Not sold separately. \$10 value)

The kit includes:

- Soft pink vinyl clear pocket organizer, 3-hole punched so it can be added to your MTM Binder or kept separate
- Keep It Clean Quick Start Guide
- 3 Housework Helpers Inventory Worksheets
- 3 Weekly Breakdown by Month Worksheets (double sided-6 pages worth)
- 3 Monthly Trackers (double sided-6 pages worth)
- *3 Day by Day Weekly Worksheets (double sided-6 pages worth)
- *8.5 x 11 self adhesive pouch (for creating a "Quick Reminder" station in the location of your choice)

Order online at <http://www.maketodaymatter.net/catalog/housework/houseworkhelpers.htm>