



"Summertime is always the best of what might be."

Henry David Thoreau

Did you know ...

that you can wash your kitchen sponges in the dishwasher? There is nothing worse than a stinky sponge, but if you stick your sponge in the cutlery basket or in the top rack – problem solved.

Do you know someone who could benefit from a little help from Sponge & Sparkle?

Especially when you have children, you already know how fast time flies, how fast they grow, and how short summer is. Help a friend and help us by referring them to us and we will give you **\$50 off** your next sparkling!

In case you didn't know –

we do free cleanings for people going through treatment for cancer.

We are part of CLEANING FOR A REASON

www.cleaningforareason.org, a national non-profit foundation of cleaning services across the country that want to give back to their community by helping women feel better.

When someone is sick and can't take care of their home the way that they had in the past, it can be just another overwhelming, depressing thing. Sponge & Sparkle can help! If you know of someone who can benefit from this, please tell them about the CFR website! If she (or he) is in our area, the foundation will connect us. We typically give 4 sparklings of 2 hours each with 2 people.

Call us if you would like more information.

Thank you for responding to the survey we send you after every cleaning. It helps us to know how we are doing and serve you better.

Did you know ...

Don't we all need to play more? Think about crafting a summer bucket list to be intentional about **FUN**. Summer seems to whiz by in a flash and thinking of its unique opportunities will help us to truly enjoy it more.

Aside from providing fodder for conversation, *bucket lists* can instill a sense of excitement, hope, and motivation, giving us things to work toward and look forward to. And with summer starting this week, it's the perfect time to make one that's tailored to the warmer months.

"Bucket lists are a fun and meaningful tool for self-reflection and growth. They invite us to pause and ask: 'What do I truly want to experience or prioritize in this season of life?'

By turning vague desires into specific, *actionable goals*, bucket lists help us *live with more intention* and offer a chance to seek fulfillment," Shainna Ali, a mental health counselor and clinical supervisor in Orlando, Florida, told Nice News.

"They also offer a *structure that can reduce procrastination*, increase motivation, and support habit formation," she continued.

"Whether it's something adventurous or deeply restorative, a bucket list *gives shape to our aspirations*, regardless of how big or small."

A Summer Bucket List



Summer bucket lists are “especially powerful,” according to Ali, “because they align with a naturally energizing and playful time of year.” She said that many people view summer as a season of “less work and more play,” which opens the door to stepping outside our usual routines: “A *summer bucket list* can offer the perfect opportunity to explore new experiences, reconnect with joy, and reset personal priorities.

The *limited timeframe* of summer adds just enough urgency to encourage follow-through without pressure.” When creating your summer bucket list, Adina Babad, a New York City-based mental health counselor, suggests prioritizing fun. “*Focus on how getting each thing will feel and why you’re choosing it* — really let the purpose be to enjoy, rather than on just checking items off a list,” she advised.

Babad also recommends only *choosing a handful of things*, as picking too many could backfire: “Don’t load it up too much! You don’t want it to turn into another set of ‘tasks’ to get done, and you don’t want to exhaust yourself to the point that you can’t actually enjoy it all.” Finally, incorporate a mix of bigger and smaller items. The latter are “things you can do day-to-day or easily on a weekend, with maybe one or two bigger things mixed in that will take more planning,” said Babad. “That way, you don’t have to wait for the big stuff to enjoy.”

Some ideas; go to an outdoor concert, visit a state or national park, volunteer, take a class, start a summer reading list, do a social media detox.

(Kate Daniel/Nice News June 2025)



Begin your Summer Bucket List

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____



**"If you love life,
don't waste time,
for time is what
life is made of".**

Bruce Lee

THANK YOU for your business!!

Our mission at Sponge & Sparkle is to make the work better one sparkling clean and tidy home at a time, and we deeply appreciate that you have chosen us to care for your home. We know that a clean home is a healthy home and a big reliever of stress for our clients. We take our work and our mission seriously, and we want to help you be able to enjoy this summer a little more 😊



Thank You. Thank You. Thank You. for Supporting Our Small Business !!!!!

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