

Just Do One Thing



Want to treat yourself to a good feeling? **Just Do One Thing** to get organized.

Just take on one organizing project that you have been putting off and. just do it. You will be surprised how good it feels.

Some ideas:

- clean out your purse or briefcase
- catch up on your filing
- weed out your e-mail in-box
- sort out a junk drawer
- or your sock drawer!
- clean out your car, or even just your glove compartment
- tackle the medicine cabinet in your bathroom

When you are done, notice how good it feels to have that cleared-out, organized space. (Ah, space to breathe!) Give yourself a lot of credit! If you can, try to keep that space de-cluttered. Who knows. . . . perhaps you have begun a positive spiral of organization and you will be inspired to take on *just one more thing* sometime soon.