

Motivating Yourself to Get Organized



Motivating yourself to get started is one of the hardest parts of the getting-organized process. Have no fear, however! Even the most entrenched piles and patterns can be dealt with, and each of us is capable of creating de-cluttered space and organized systems.

Here are some thoughts about how to motivate yourself to get started in creating order in your home and office:

- **Know that getting organized can support you in accomplishing any of your life goals.** Keep these goals in mind as motivation to get started.
- **Make this a commitment and align yourself with all of your reasons for getting organized.** Use these reasons as motivators, and whenever your energy is flagging. (See my list of the "Benefits of De-cluttering and Getting (More) Organized" on the Advice page of my website.)
- **Post pictures/signs/reminders** relating to your organizing goals (e.g. picture of a beautiful de-cluttered room or a well organized office space, an inspiring motto.)
- **Make an appointment with yourself** to declutter and start organizing, Write it on a calendar (ideally as a repeated activity) and on your to-do list. If you can't meet your appointment, re-schedule. **Deadlines** are helpful, too.
- **Make "just do it" your mantra.** Often we wait for motivation to come to get started and it never does. Just get started, and then the motivation will kick in - or in the least, you've gotten started!
- **Start with small steps, even 5 or 10 minutes a day.** Small steps are often the best way to create real lasting change. Try using a timer to keep you focused and on track.
- **Do some of the hardest things first, or do what you are resisting first.** You will be glad to get this stuff out of the way. If that doesn't work for you, for a feeling of accomplishment, start with some of the easier tasks!
- **Try to make these tasks fun** - see them as a challenge, play music, use a timer and make a game of it, cultivate an "organizing buddy" who helps you get organized and vice versa.

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- **For longer organizing sessions, make sure to take breaks:** drink water, take a quick walk, stretch, have a protein snack - whatever will help to reenergize you and help you to refocus on your goals.
- **Reward yourself** for any positive steps along the way.
- **Schedule a party or invite people over whose opinions you value.** These can be powerful motivators to get organized.
- **Choose an accountability buddy** - a friend, family member, or professional who knows what you are trying to accomplish, and to whom you can report in some way.
- **Expect resistance** and anticipate how you will deal with it! There is no way to change without it.
- **Watch out for shame, blame, perfectionism and any negative, dysfunctional self-talk.** Stop them and bring yourself back to more realistic, encouraging, positive thoughts.
- **Be compassionate with yourself about this process.** Most of us were not taught these skills growing up, and in addition times are more stressful now. Expect steps forward and back, and bumps along the way, and find your way to keep going!
- **Get all the support that you need** - whether it is from friends, family, or helping professionals (e.g. psychotherapist, ADHD/ADD practitioner, professional organizer.) It is hard for us grown-ups to start new behaviors and change our ways, but know that it is entirely possible!

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**I would be happy to help you out in any way that I can with this process.  
Feel free to contact me to discuss your goals and questions about working together.**