

## Tips for Getting Organized



- 1) Think of the clutter clearing/getting organized experience as a **personal growth opportunity, a journey, a challenge, or even a fun adventure.**
- 2) **“Organize with purpose.”** Identify your goals and aspirations, and let them inform your day-to-day decisions and actions.
- 3) **Getting started is one of the hardest parts** of the journey. Make a commitment to the process, block off time, adopt a “samurai warrior” attitude about your clutter, and get support from others if you need it.
- 4) **Aspire to have everything in your environment put there consciously.** Do I love it? Does it energize me? Is it useful?
- 5) **Expect resistance.** See it as a normal hurdle to figure out how to jump over.
- 6) **Don’t be hard on yourself for your organizing difficulties.** Most of us were not taught personal organizing skills growing up. Know that you can develop the skills and habits you need to organize your life.

**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.**