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## Set Yourself Up For

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# Organizing Success

- ▶ Prep with protein, hydrate, wear comfortable clothes and adjust climate control
- ▶ Pump up tunes, podcasts, or mindless tv for mundane tasks
- ▶ Entice a friend to assist (a thank you treat is always appreciated)
- ▶ Break it down into bite-sized time and area chunks (start with 15 minutes on a timer or less)
- ▶ Turn off all unhelpful distractions (phone and internet, yep sorry)
- ▶ Talk yourself through the steps or use Chat Show Method (pretend to teach others like a tv chef)
- ▶ Don't start with PAPER! A joy and motivation killer. Easiest way to get discouraged. Find something easy to pump your juices. Score wins.
- ▶ Reward yourself after each segment with a stretch, walk, nourishment or meditation.
- ▶ Seek professional organizing assistance if you're in over your head or need an organizing buddy.



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