



## EXPECTATIONS

We can be our own worst enemies. Set expectations based on your energy—factor your time to give a task. The task may not be complete, but it will be better. Set the expectation bar accordingly, better vs perfect. Be as kind to yourself as you would your best friend. If you have low energy, set your expectation for “better” rather than done.



## PATIENCE

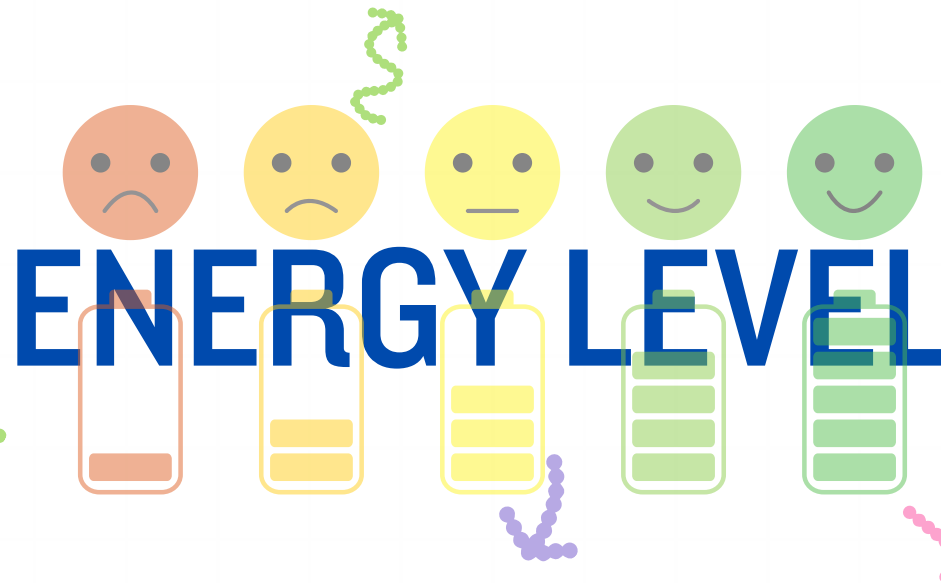
Your goal is to have a tidy home based on your clutter threshold, lifestyle, and desire for a certain level of organization. You can only control the journey while working toward the end goal, not the goal itself. To accomplish your goal, you will need to include repetitive daily tasks and a simple and achievable routine. Be patient with the process and adopt new habits. This is not a sprint but a marathon leading to a lifestyle change.



## How to keep up...

### ENERGY

Personal temperature check: How is your energy level today? You may have a cold, feel tired from the night before, suffer with chronic pain, or low energy. Set the stage for success by starting with a short and easy 3–5-minute task. Choose simple tasks based on your mood and energy, those tasks might look different from one day to the next. Be good to yourself, a positive pep talk, do something; a simple task will make a difference.



### PACE IT VS PIT CREW

Pace your tasks; we are not Formula 1 Pit crew team members! We have longer than 2.5 seconds to get tasks done. Some clients prefer a daily to-do list prepared the night before or first thing in the morning, which includes EVERYTHING that needs to be done for that day, such as dropping off the kids, walking the dog, picking up pet food, doctor appointments, sweeping the floor,... you get the idea. Don't make separate lists; make one list and check off completed tasks. Remember your energy; lists don't have to be completed in one shot; you have all day, steal moments throughout the day to complete your list. Tip: start with the small tasks or the ones you dread first; you will feel motivated after completing those tasks. We are building new habits; learn to cruise through your lists; you will develop achievable lists with repetition, consistency, and practice.



### CONSISTENCY

Work towards daily tasks you can manage based on your lifestyle, time, and energy. If you are a morning person, work short tasks into your morning routine; don't add them to the evening if you are too tired at the end of the day. Repetitive daily tasks will create a tidy, manageable home. Create a plan; a suggestion might be time blocking; reminders and timers on your phone are excellent cues to keep you vigilant. Consistency is the key to developing new habits. Focus on the progress, not the end goal. Select a strategy and plan which suits your current lifestyle.



### CELEBRATE

Be kind to yourself with small rewards throughout your day. Schedule time to reflect on your achievements, the tasks you completed, and, more importantly, the good things happening in your life. Celebrate the small wins, like putting the clean dishes away, putting last week's laundry away, sweeping the kitchen floor, or wiping down the vanity. All the small tasks add up to success.

### ORGANIZE YOUR SPACE

*Cori-Lynn*