



Photo by Kate Max Stock

JANUARY 2021: Let's GO! Month

Shhhh! Don't tell anyone. I still have my Christmas tree up. That's right, it's the Monday after the day I schedule every year to take down the holiday decor. Just because my heart is still beating for the magical cozy time between Christmas and New Year, that doesn't mean I am not ready to GO!

I do not plan to do yoga today (I am not into new year resolutions), but I did put on my yoga pants, sneakers, and a fun sporty sweater. It is my outward expression that I am READY to get serious about tackling your organizing goals.

I am into goals, not resolutions that slip away by mid-March. Say your 2021 goal is an organized house top-to-bottom. To achieve this goal, your rate of success is high if

you develop a system of good habits and practices that will produce results AND sustain over time.

You set the goal and a professional organizer can help you determine what personalized organizing systems to put in place, and help you build the habits required to maintain your systems.

Your systems should be designed for long-term progress not short-term gain. Sure, you may hit your goal and your house is organized, this is only momentary change.

Life is funny and it throws curveballs; suddenly you find yourself in the middle of a life transition, or its seasonal change, for example, when kids finish/go back to school. Your system may be stretched and either it will sustain through dedicated good habits, or the system may need adjustments better suited post-curveball or change.

I highly recommend James Clear's Atomic Habits. After twenty-two years in corporate Learning & Development, Clear made me reconsider the discussion about developing skills and driving behaviors. Perhaps the core of this discussion should focus on building good habits, which is why a learning program or organizing should be systematic, not one-time events.

Realistic, incremental change, Clear coins it as "tiny changes", this is what makes organizing stick. As a professional organizer, it is my job to make sure you love your system(s), it is easy to use, it is designed to engage your good habits, and it gives you what you need during the calm or the storm.



What does this have to do with GO! Month? The National Association for Productivity and Organizing (NAPO) professionals sponsors a month-long campaign to motivate all of us to get organized. What better time to get your house in order (literally) in the quiet winter month of January?

Taking down and packing away holiday decor requires good organizing practices to make it easier and more cost-effective year after year. It is the perfect juxtaposition from wrapping up a year and preparing for the new one. All those projects you did not get to during gardening season, summertime the fall semester, the holiday has now moved back to the top of your to-do list.

Now is the time to take advantage of this calm period to set goals, tweak your systems, and ensure good habits are in place and bad habits that you may have indulged in during the holidays are broken.

The slate is wiped clean, but your organizing systems endure.

I hope you enjoy the GO! Month content we will share with you all month on our Facebook page and Instagram. We hope it inspires, motivates, energizes, reduces stress, and refreshes your schedule and budget.

Check-in with us from time-to-time, and if you need a new organizing system put in place, or updates to an existing system, we are here to get you GO-ing!