



Magically Organized, LLC

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Resolution or Goal?

By Kathleen Edelstein

A resolution – to decide firmly to do or not to do something. A goal – the result toward which effort is directed. It doesn't matter what word you use. What matters is that you set goals for yourself in 2012 and in life. Keep in mind that there is a delicate balance between reasonable and unreasonable expectations. You don't want to set the bar too low, there is no challenge in that, you don't want to set it too high, you'll quit before you really begin. Use your common sense and it will come together for you. Only you know where the bar should be set for you, trust yourself.

Whether you are resolving to start exercising, to stop smoking, to start paying it forward, or to start volunteering, you must break it down into smaller pieces. You wouldn't want to say, "I will run a marathon by the end of the month," if you have never run a mile in your life. Or "I'm going to volunteer every week at the animal shelter" when you can barely meet the obligations that you have now.

The same is true for organizing. You wouldn't say "I'll have the entire house organized and under control by the end of the month" if you have not de-cluttered in years.

Let's use organizing as our example of how to break down a large goal into small, reasonable, achievable, rewarding steps. Don't make broad, sweeping generalizations about how you'll get it done either, be very specific. For example, your goal/resolution might go something like this...

RESOLUTION 2012 --I will have my entire house and garage organized by year end. I will achieve this goal by doing the following:

1. Clean-out and organized one closet per week until all are complete.
2. Clean-out and organize one dresser per week until all are complete.
3. Clean-out and organize three cabinets per week until all are complete.
4. Accumulate donations in large bags at the bottom of the biggest closet. Drop off donations at least once per month.
5. After achieving #'s 1-3, I will continue by touching up and cleaning out each room, one per week, until all are complete.
6. I will enlist family & friends to help me to clean out and organize the garage in a similar manner as 1-3 above, but in one sunny weekend.
7. I will have one or two yard sales (Spring/Fall) as appropriate to make money on our discards.
8. I will celebrate my new found life!

Of course, even a list like this can be broken down further into shelves in each closet or drawers in each dresser, etc. You get it. The most important thing is that you set a goal/resolution for yourself. Everyone needs to have something that they are shooting for!

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Author & Owner

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609-280-6110

www.Facebook.com/Magicallyorganized

www.magicallyorganized.com

Magically
Organized
...making your
life easier

Williamstown, NJ 08094

609-280-6110

magicallyorganized@yahoo.com