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- ⊗ It's amazing what you can learn from people who you thought you had nothing in common with. Next time you are having a "polite" conversation with someone, keep in mind that they may really be able to teach you something of value.
- ⊗ Organize the contents of your kitchen cabinets so that your glasses and dishes are in close proximity to your dishwasher. It will save you time and aggravation because you won't be walking back and forth across your kitchen every time you unload the dishwasher.
- ⊗ Pretend you are having house guests. What one thing would you have to do before they came? Do that today.
- ⊗ Pick one...either your voicemail or your email. Take the time today to get it caught up. Delete what you don't need, return calls, reply to emails, etc. It will feel so good to lighten the load. Then let us all know how much you got through.
- ⊗ If you don't know where you're headed, how will you know when you get there? Make a conscious decision to plan your day. Of course, unexpected things may come up, but at least you will have a plan.
- ⊗ Take some time today to enjoy the view. Really stop and take it all in.
- ⊗ In your garage, do your best to make more space by hanging items from the walls & ceilings. Yard tools can easily hang from walls & bikes can go on the walls or ceilings. It will allow more room for your car. Be sure you are anchoring into studs where appropriate!
- ⊗ Before you decide to keep or discard/donate an item, consider if it relates to who you are now. Maybe you always wanted to do scrapbooking, but you have had the supplies for 5 years and have never really delved in. Do you really need to keep those supplies? Are you really a scrap booker? Be honest with yourself when deciding what to keep and what to let go.
- ⊗ Don't fret over getting rid of stuff. If you no longer use it and you keep it, it's just weighing on you. Let it go. In the moment it will be difficult, but that uncomfortable feeling will soon pass and you'll be able to move on.
- ⊗ "The desire to change, plus the decision to do something about it, is an important event and needs to be remembered and celebrated." -- "Sidetracked Home Executives" by Pam Young & Peggy Jones

- ⊗ This quote from [Marie Kondo](#) in her book "The Life Changing Magic of Tidying Up" couldn't be more true--"To truly cherish the things that are important to you, you must first discard those that have outlived their purpose."
- ⊗ Remember that just because an item has good memories for you, it doesn't mean you have to keep the item. The memory is still forever implanted in your mind.
- ⊗ Books can be a nemesis for lots of folks. Marie Kondo makes a great suggestion in "The Life Changing Magic of Tidying up" when she says, "when deciding which books to keep, forget about whether you think you'll read it again or whether you've mastered what's inside. Instead, take each book in your hand and decide whether it moves you or not. Keep only those books that will make you happy just to see them on your shelves..."
- ⊗ Papers...the bane of our existence! Only keep what you absolutely need, recycle or shred the rest. Letting paper and mail pile up for just one week can become a project lasting hours to root through. Deal with it now before it's too late.
- ⊗ Do you feel like a chicken with your head cut off as soon as your alarm wakes you each morning? Consider getting up just 15 minutes earlier than the rest of your family. It will give you a head start and you will feel much more in control of your time.
- ⊗ Before bringing more items into your home, consider these things:
Do you really need it or is it just a want?
If it's just a want, will it add value and/or functionality to your life?
Are you just buying it because it's on sale?
Where will it fit or go?
Be mindful in your purchasing for the health of your wallet and your home.
- ⊗ Today and everyday remember those who gave the ultimate sacrifice to defend our nation.
- ⊗ "Too many people live surrounded by things they don't need 'just because.'"-- Marie Kondo in "The Life-Changing Magic of Tidying Up" Ask yourself why? Then really consider if it serves any purpose in your life.
- ⊗ Before you file away that paper, consider if you really need it? There are things that all of us need to keep like tax documents, life insurance paperwork and what not, but most items we file are never, ever looked at again.
- ⊗ Having trouble deciding what to keep and what to let go? Pretend you are preparing for a move. Would you pack it? Would it be worth the effort? You may end up with a lot more donations than you thought you would when you take this approach.