



ORGANIZING SELF-STARTER CHECKLIST

WORK SMALL

PRESERVE ENERGY & CELEBRATE WINS



- WHAT AREA AM I MOST EXCITED ABOUT CHANGING?
- WHAT ONE SMALL SPOT (e.g., DRAWER) CAN I START WITH?

SET A TIME

BLOCK OFF 10-15 MINUTES AT A TIME



- WHAT DAYS AND TIMES DO I HAVE THE MOST ENERGY?
- WHEN AM I LEAST LIKELY TO CANCEL ON MYSELF?

ASK A FRIEND

CHOOSE AN ACCOUNTABILITY PARTNER



- WHO IS MY BEST ACCOUNTABILITY BUDDY THAT DOESN'T LIVE WITH ME (FOR OUTSIDE PERSPECTIVE)?
- AM I MORE SUPPORTED VIRTUALLY OR IN PERSON?

DO NOT COMPARE

KNOW EACH SPACE IS ONE OF A KIND



- WHO AM I AIMING TO PLEASE WITH THE CHANGE?
- WHY DO I WANT A CHANGE (e.g., SPACIAL FUNCTION, ENERGY, PRODUCTIVITY)?

NAME THE POSITIVE

PICK A POSITIVE MANTRA vs. DECLUTTER



- WHAT POSITIVE VERB DESCRIBES MY GOAL?
- HOW DO I WANT TO USE THIS SPACE DIFFERENTLY (e.g., CREATE A "BAKING OASIS")?

amanda@happysort.com



(773) 383-3156



www.happysort.com

