



Papa Rock Stars Podcast

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[Episode 024] Clear the Clutter

If you could make 1 time adjustment to your day and get MORE done in LESS time, would you do it? Let's talk about what you can do to get more done in your day!

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<https://PapaRockStars.com/clutter>

Training:

Ok ladies. Let's get real. It can be a little tricky to get everything done that needs to get done, right? Dishes, laundry, feeding the kids, taking care of the house....phew! I'm tired just THINKING about it!! If there was something that could help you get MORE done in LESS time, wouldn't that be worth it? I totally think it would. In fact, until I discovered this little trick, I felt like I was going a little crazy!!

I'm sure you are thinking, "little trick"?! Yeah right!

Well, its true! It only takes a few minutes every day and it's making a HUGE difference to me!!

Are you ready to hear what it is?! Ok. Clear out the clutter! Sounds like spring cleaning or a massive cleaning effort doesn't it? Well, it's not. It is a lot smaller and a lot more manageable.

I first heard about this idea a few years ago from the guy who wrote the Chicken Soup for the Soul books, Jack Canfield. He suggested writing a list of everything that is causing you stress in your life. Do you have a drawer that needs organized? Or maybe the clothes in your closet need to be sorted. Maybe it is your dishes or the unfolded socks that need mated. Whatever it is, write it down! Make a huge list if you have to!

Now comes the fun part! I know you are going to want to attack this whole list (or if you are like me, you might just want to go take a nap!) but choose 1 thing from the list. Organize or clean it. Once you are done, get back to life. Choose 1 of these things each day to do. You can add to the list if you need to, but the rule is you can only choose 1 thing per day.

Now this might sound a little crazy, but there is an energy that will come when you accomplish just 1! It won't take too much time AND with that little burst of energy, you will be able to do more of what you already do more quickly! Makes total sense right?!

Just the other day I was really struggling with a few things that I needed to get done at my house. Laundry was piling up, dishes weren't done and those pesky socks needed mated. They were driving me nuts but I had so many other things demanding my attention. Finally I paid my son \$2 to fold them for me. He did an AMAZING job and after he was done I felt like this HUGE weight was lifted of my shoulders! Not only was I able to delegate that job, now its not driving me crazy anymore and my 13 year old is really excited to have a little extra money!

Our minds are pretty amazing and they kind of keep an ongoing list of the things we need to do or the things we haven't done. If something is annoying to us or needs attention, our mind is going to hold onto that. Even if it isn't our main focus, there is still energy being used on that thing! Once you complete that task, the energy you were using on that (even if it was just a little bit) is freed up! You then have that much MORE energy to use on other things.

Plus, then you have little accomplishments to celebrate everyday!!

As a bonus resource today, I want to tell you about The Fly Lady. She is an amazing resource for helping you to get organized and help get things cleaned up! She has tips and challenges to help you everyday! Check out her Facebook page (linked in the show notes).

Resources:

<https://www.facebook.com/TheFlyLady/>

Show Challenge:

Sit down and make a list of the things in your life that are annoying, unorganized or just plain driving you crazy! Pick one and get it done!!