



GET ORGANIZED ONCE AND FOR ALL

LESSON 2: WHAT'S FOR BREAKFAST?

Welcome back, friend! I'm excited to share Lesson Two of *Get Organized Once & For All* with you today!

But first I want to check in about your assignment from Lesson One. Have you picked the one habit you're going to work on for the next five days? Have you printed out your printable tracker? And, most importantly, have you done that one thing you told yourself you'd do every day for the next five days?

If not, how about going and doing it now? And don't forget to put a great big checkmark on that printable tracker!

In Lesson One, we talked about starting with something relatively small, and relatively simple. Like making the bed, unloading the dishwasher, or hanging up your jacket when you walk in the door.

Now, I want to talk about what you should be eating for breakfast. Mark Twain once said, "Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day."

What a fantastic principle to live by. (Well, I wouldn't recommend literally eating live frogs, but you know what I mean!) If we start each day with the task that we dread the most, everything else will seem so much easier.

Tell me if you've ever been caught in this trap: I want to clean my house, but that would require washing the dishes and I really don't enjoy washing dishes so I'll put that off. I'll then begin to clean, the whole time remembering that no matter how much progress I make in other rooms of the house, I've still gotta go wash those dishes!

But maybe you've heard this principle before, or even unintentionally lived by it. Imagine washing the dishes first thing! It'll be over and done and give you so much energy and motivation to cross off the next thing on your list. Plus, you won't have that nagging feeling of needing to do something you dread hanging over your head. And, truth be told, here's another principle I've learned. The things we dread rarely take as long or are as awful as we think they will be. Anticipation is almost always worse than reality.

Here's your assignment for today: Take a second and think about a task you've been putting off because you dread it. Maybe taking out the trash, putting away the laundry, vacuuming the living room, or washing the dishes. For me, it's needing to respond to an e-mail in which I have to say "no", but I really hate saying no! Think about what that thing is, and take out a piece of paper (or open the notes app on your phone) and write it down. Now, stop everything, and go do it now. Right now. Don't wait. Do it right this second. I'm doing it with you.

Okay, I'm back. I did it! I sent my dreaded e-mail. I probably agonized a bit too much over exactly how to word it in the nicest way possible, but I can now check it off my list. It took me exactly 11 minutes. And here's the crazy thing, I've been rewriting that task in my daily planner for almost two weeks because I kept not doing it. It is such a relief to finally cross it off!

I'd love to hear! What dreaded task did you tackle? How does it feel to have it done?

You can email me at iheartplanners@gmail.com to let me know.

So, what's the next step?

Tomorrow morning, when you wake up, I want you to identify your frog for that day. Then, you guessed it, eat it for breakfast! The more days you can start by getting that most dreaded task out of the way first, the less stress and more peace you'll begin to feel in your everyday routine.

In the next lesson we are going to really dive in to how to deal with those big and monumental goals that aren't going to accomplish themselves in one consistent action a day.