



GET ORGANIZED ONCE AND FOR ALL

LESSON 4: WHAT TO DO ON BAD DAYS

You've been working hard for the past few days on getting more organized, and hopefully you've been doing great and haven't had any of those days where it all goes down the drain and you feel like life's out of control.

However, I have some kind of bad news for you: bad days are coming.

The thing is, even the ones who seem like they have it all together still have those bad days. No one gets a free pass. We all get sick, sad, overwhelmed, or just plain grumpy. However, and this is really important so make sure you're paying close attention, the difference between the organized and not-so-organized is how they handle the hard times.

And, the truth is, that principle is true about organization, and joy, and success and almost any other thing you could be pursuing in your life. The difference between the joyful and the miserable, the successful and the ones always stuck in a slump, the athlete and the would-be-gym-goer lies in how you face up to the bad days.

Now don't get me wrong, you don't have total control. There will be days the dishes simply cannot be washed, the beds will go unmade, and you'll feel on the verge of pulling your hair out from the stress.

But when you trip up or circumstances don't go your way, it's not the time to com-

pletely throw in the towel and declare your plan or methods ineffective. It's time to look around and do what you can.

I want to share a story with you from one of our [Sweet Life Society](#) members, Victoria, who was working hard to complete the challenge I posed to the group: to do a load of laundry every day (washing, drying, and folding!) She admitted that her depression was hitting her hard the first week of the challenge. Washing, drying, and folding the laundry every day was NOT something that was going to happen. But instead of giving up entirely, she did what she could, and that was to pick her dirty clothes up off the floor every day.

Let me tell you friend, I don't care how many people completed seven loads of laundry that week - Victoria is the one who was winning in my eyes! She recognized that doing what she could, even if she couldn't see it all the way through to the end, was worthwhile.

Here's a few principles we can learn from that and hold onto on the hard days.

In the midst of the chaos, it's important to just do what you can. Maybe your day is absolutely crazy, and there's no way you can get all the dinner dishes washed up before bed like you usually do. But could you at least have everyone put their plate in the dishwasher? There's no reason you can't take a little action to improve the situation.

It's important not to give up just because you messed up. Maybe you have an awful day and neglected most or all of your good habits. Don't neglect them the next day just because you messed up once. That would be like poking all the rest of your tires out just because you got one flat. It makes no sense, yet I'm definitely guilty of doing that.

Don't be ashamed to share your story. Victoria could have beat herself up with shame and self doubt because she wasn't "as far along" in the laundry challenge as her peers in the [Sweet Life Society](#). But she joined in the discussion in our exclusive group for members, and now her story is here, inspiring you! The thing is, maybe you're having one of those bad days to be an example to someone else of how to handle a bad day. Just like Victoria.

I wish you the very best of days today, but if it's not, keep taking the baby steps you can take and keep hope-filled eyes looking out for tomorrow.