

The best New Year's resolution ever



What would you like to change in the new year?

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I work with many clients on goal setting, and I always have them start with mentally preparing for the change in habits ahead of time. After they define their SMART goal, we begin. For example, I have a client who valued calmness and found that some of the disorganization in her home was frustrating her. We decided to start with her closet. Her SMART goal looked like this: I will only have clothes in my closet that will fit me now; I will know this goal has been achieved when I have discarded/donated items that no longer fit me so I can easily get dressed in the morning with confidence; I will set a time to work on this project for one hour each week; having a clean organized closet will streamline my morning routine (and my mornings will be less chaotic); and I will complete this project by March 30.

Another example would be the classic "I want to park my car in the garage." If I make this a SMART goal it would look like this: I will make room in my garage for my car; you

will know when this goal is achieved because you will be able to park your car in the garage; I estimate this will take 30 hours and I have scheduled 2-hour blocks on 15 Saturday mornings; this goal meets with my core values ... taking care of my car and belongings; and I will have this project completed by June 1.

So, I encourage you to do the following: 1) Look back at 2021 and reflect on what worked and what didn't; 2) Define your core values and write them down; 3) Create SMART goals for 2022; 4) Place your SMART goals and core values where you can see them every day.

I challenge you to make some SMART goals this year and would love to hear your success stories. Please email me your goals to jennifer@efficiencymattersllc.com and the first five people will get a prize from me! Remember, live your life as if it's the only one you have ... because it's the only one you have.

Happy New Year and Happy Organizing!!

Professional Organizer, Jennifer Raftis, CPO® founded Efficiency Matters, LLC to help you with all of your organizing needs for your home and business. She is a Certified Professional Organizer and an active board member with NAPO, National Association of Productivity and Organizing Professionals. She is also an independent representative for The Container Store and has expertise in designing closets, garages, pantries, playrooms and more. In addition, she is a Corporate Organizing and Productivity Consultant and has worked with Fortune 500 companies across the U.S. Another large part of her business is move management especially working with seniors who are downsizing. She and her husband have lived in Moraga for 30 years, raising 3 kids and working countless volunteer hours with many local non-profit organizations and schools. Jennifer@efficiencymattersllc.com, 925-698-3756 www.efficiencymattersllc.com

