

Where the HELL is that THING??? 12/27/06

How many of you know that frustrating feeling of not being able to find something in your own home? I have been searching for a book for the last two days and it is driving me crazy! I finally started laughing at myself and how silly and obsessed I have become with finding this book. The one reason it is so important to me is that it is due back to the library in two days, and the other reason is that for a long time in my life my self-worth was linked to how organized I was. I had to find documents on the spot many times in the construction industry, my past career of 15 years, and I always succeeded. It gave me such pride to be able to get any document that was requested, instantly. It was fun proving myself in this way and making even the biggest skeptics believe in my ability. However, I am not going to prove anything to anyone by finding this book. I have ripped apart every room (almost) in my house, checked my car inside and out, to no avail. Finally I got the lesson. Give it up. So I humble myself and go into the Library and tell them I lost/misplaced the book. Big deal. I'm certain other people have lost a book that belonged to the Library. I let it go and realize that if I did leave it on a plane, or at a coffee shop, then maybe the person who found it really needed to read it. Done, behind me and I can move on.

Organization is a very important part of life, however, putting it in perspective makes all the difference in the world. I'm not spending any more energy looking for things that take more than 2 minutes to find, unless of course, they are of the utmost importance, and there is no choice.

I find that if I put things away as I use them, or I file papers/mail as soon as they are received, life is much easier to handle. With the holidays and traveling so much, I put some items in a boxes to organize later. Labeling the box right away with a date helps, or listing the important item(s) can be useful. Clutter can affect your mood and get out of control before you know it. A simple, organized and clutter-free environment can provide a clearer vision and more energy.

Try starting your new year out right. I can help you get organized if you need assistance. Don't live in a cluttered environment and don't allow yourself to spend energy on things that don't really matter. I could have gone to the store and back at least 2 times and bought the damn book and would have had fun in the process. Lessons happen every day!