

Get Organized!

Ready to finally get organized this new year? First start with your mind! If you have had trouble organizing your mind, you have probably had trouble organizing your life. Yep...they go together like peanut butter and jelly 😊. From here on out, think of organization in that way! An organized mind **always** creates an organized life—your inner world **always** creates your outer world.

Think about your mind like it is a house, and then take a tour through your mind and see what's in every room. Currently it could feel like our brain is cluttered with thoughts, judgments, negativity, facts, and overwhelming ideas.

Action: Go in, look at your thoughts and categorize them carefully. It's the equivalent of going in and cleaning up your house.

Once your thoughts are organized, you can start making some decisions! Do you want to bring in new thoughts, ideas, and plans? Do you want to keep living in the same brain, with the same thoughts? Are you hoarding thoughts about your past? Judgments about other people? Judgements about yourself?

Clean out and organize your mind! What thoughts do you need to get rid of? What do you not want to think about anymore? What thought is so old that it doesn't make sense to think anymore? What do you want to fill your mind with, instead? Do not be a thought hoarder. Do not let your mind be a mess. Get rid of that shit! Shed that weight.

Once you organize your mind, you will be surprised how much clarity that gives you in your life. You REALLY want to get organized? **Prove it!** Organize your cluttered mind first.