



TRANSCRIPT

Episode 2: Finding a Routine That Works for You with Diane in Denmark

DIANE from DIANE IN DENMARK

Tasha: All right, Well, I am really excited to be sitting down with Diane in Denmark today, just discussing daily routines. I know we're going to dive a little bit into routines for seasonal affective disorder as well. That's something that she's shared a lot about.

So, Diane, thank you, first of all, so much for taking some time out of your day to join us. I know doing things like this for those who don't know, I mean, you're Diane in Denmark, so. Hi.

Diane: Hi, to everybody who I have met before and not met before. Many of you we met at Get Organized the past couple of years, but rah rah, rah. I'm the leader with the pom poms.

Tasha: Yes. Okay. So I'm curious. When did rah rah rah in the pom pom start?

Diane: Well, I never saw myself as a cheerleader, but I've had many. I've worn many different hats in my life, and I started teaching as a fly lady mentor.

Now, the flylady system, many of you know what that is. It's a system for looking after not just your home, but your life. It just gives you the blueprints of what you need to do the routines.

And I had my ladies who I was coaching, and then I just wanted to give them a little bit of encouragement. Everybody needs a little boost. And I saw these and I thought, you know, they

are kids' pom poms. And I just started saying, rah, rah, rah.

And the ladies so appreciated that if there was something, you know, they'd maybe been having a bad week, we'd have a coaching session. And then I do my little rah, rah, rah, and they went off feeling, like, just 10 times taller. So I kept with it.

And then when I started making the YouTube videos, I thought, does this look a bit juvenile? But actually, it's just part of me, you know, I'm just cheery by nature, and I like to encourage other people. So that's why the pom poms.

Tasha: Yeah, I love it. I've even seen GIFs of it now where you can just put like a little Diane in Denmark. You can send it to your friend in a text message.

Diane: Yeah, yeah. Because I've heard from other people that. Oh. And I've been sending to my family and. Yes. So that's where the pom poms came from.

And I know a lot of us on YouTube or on social media, you're meant to look a certain way or everybody's got to look the same or act the same.

And I had to learn in the beginning to, you know, I've tried not to be bouncing around when I'm. When I'm doing these kind of things. But I think it's also important for my natural

side to come out and be who I am with the pom poms and with the bright colors, because you've really got to be yourself.

You know, you're not going to be able to encourage other people to make changes unless you're honest in yourself. So, you know, I kind of play along in that.

I'm not going to be jumping up and down here on camera. You know, I know people want to hear the message, but just. Just be who you are, okay? Don't. Don't worry about everybody else and what they're doing. You. You. Do you.

Tasha: Yes. I love that. And that is a ton of what I just wanted to chat about today. When thinking about your daily routine. Right.

There is so much good advice, systems and things out there that people can follow. But I think that everyone has to take them and adapt them to their own.

Diane: Exactly, exactly. Because we see all these different, you know, Pinterest worthy routines and people out in the canyon doing yoga at five in the morning.

And I, I can tell you I've been coaching many hundreds, thousands of people. Nobody, nobody's routine looks like that. Or they may, they may do that one or two days and then it falls apart.

And that's what I've learned as well over the years, that you have to not only be open to the idea of you have to work with your own personality or work with your family circumstances, whether you have just had kids, maybe you've changed jobs, maybe you've just got a new puppy in the house.

All these things can really trip us up because somewhere we feel like, oh, we've made this routine and now we've got to stick with it. Instead of saying, is the routine, this morning routine or evening routine, I have, It maybe worked for me before, but is it actually helping me now because sometimes we kind of lose sight of why do we have the routines.

It's not just because, oh, where we're going to be more organized if we have the routine. Sometimes the routine can be working against us. And that's why we've got to be flexible. So we're changing it all the time. Look at it with fresh eyes.

Tasha: Yeah. I love what you said, that sometimes routines, you find them, someone said it's going to change your life, it's going to be the best thing ever. And it actually turns out it makes it harder, not easier.

Diane: Yes. And then you're feeling guilty because you haven't followed through with the routine.

And I've, I found that actually with my personality, I am super organized. Super organized in the workplace, really not organized at home.

And I used to run the chambers of the British judge at the Supreme Court of Europe and I was super organized. Everybody came to me for advice and that's why I had that kind of double shame that at home I didn't know what I was supposed to be doing. Do I start here, do I start there? And then there are fires going off everywhere.

And I think it's just that knowing that routines are very, very helpful, but you've got to make it again, you've got to make it work for you. So.

And hopefully we can help people today on the podcast with some ideas about that.

Tasha: Exactly. And I wanted to circle back to what you just said, that just because you are organized in one area does not mean it comes, comes naturally in all the other areas. And I think that's so important.

I can think of members of my own family. Right. Who thrive on the structure of work. Work is just a different environment. Right. You have the exact things that are expected of you and your goals.

And home can be a little bit more open ended.

Diane: Yeah. Because we get to set the boundaries at home, but it's also more difficult to set the boundaries.

And that's what I was going to say about the work environment. If you are, and I'm not just talking about working outside of home, but maybe you are, I don't know, volunteering at church or you are running a home business.

Sometimes those kind of constraints can help us because we know that we need to do things at a certain time, be a certain place or in the office. You've got a meeting with the judge every Monday morning. You're going through the cases.

Whereas when we're kind of left to our own devices at home, we have too many choices and that's when we've got to look at, okay, how much time do I have? Who can I delegate things to?

And again, your circumstances change. My circumstances have changed since I started the Flylady system in 2006 when our kids were

very small.

So, you know, you may be a mother with small kids, you may have to jobs, you may be newly retired, but that was one of the things. That's why last year at Get Organized, I wanted to show people that the routines need to be flexible and the structure.

And I spoke on a topic which was called the top of the hour method. So that if the conventional morning routine, afternoon routine, evening routine was not working for you not to feel like there was anything wrong with you, but you actually have to really step back and look at your day, see what's going on there.

Tasha: Yeah, absolutely. So when you think about your day, what are just some of the things that you find yourself doing either every day or most days? Like what, what is a day in the life of Diane look like?

Diane: Oh my goodness, there's so much fun and craziness going. No, I, I have my kind, my obviously I have my work and that can I work from home, that I coach online and I also have the YouTube videos and I'm also on social media, so Facebook and Instagram. So that for me is work, if I can talk about it in that way.

And then I have to need to have time for family. Me and hubby, we also have two kids who are both adults now. They have their own apartments and we like to meet up with them.

And also a big part for me is the daily exercise. I'm out usually every day or every other day. I am swimming in the sea here in Denmark when it's even snow and we've had snow and ice.

So getting all those things together in the beginning I was trying to put it into set times

of the day. That doesn't work for me. I need to keep things loose and flexible because having a restricted timetable, you know, with like time blocking, that doesn't work for me.

It may work for you, Tasha. You're probably much more analytical. But I need to have that freedom to be a bit more creative, a bit more spontaneous.

So I have my morning routine, for example. Let's take my morning routine. Like many of you, you probably make the bed. That's one of my favorite things to do. You've got a win right there. It takes two minutes. Pull the duvet covers back. The bed is made. So I'll make the bed.

I will have my shower. Always dress to shoes, always dress to shoes with my lace up shoes on because otherwise I can't function.

And then I've got other things that will be checking my diary. What's coming up for the day. Do I need to take food out of the freezer for dinner.

But all those things, I don't do them in the same order every day. So I get, I kind of zip around my morning doing things from my morning routine, but the order changes every day.

And before when I tried to have a morning routine, it didn't work for me because I thought I had to go through this and then this and then this and for me that. That's not how I operate.

My daughter, she's completely different nature and she goes through, you know, oh, at 7:02 she does this 7:05 and that. That does not work for me. It's the same thing for breakfast every day.

And so it really is, what is your nature? Don't, don't be kind of forcing yourself into having a routine like that if it doesn't work for you, if it's not supporting you.

So my day will look different every single day. But I do my routines every single day and people are always, I always get questions about that.

Oh, but at the weekend, don't you relax and chill and actually I find that when I have my morning routine, I can enjoy my day so much more. I put on a load of laundry or do some part of laundry every day.

If I don't do at the weekend, come Monday, I've got the piles of laundry or I'm feeling behind with things. So I do my routines every single day because I know that once, once I've got those done, I can really relax the rest of the day.

On a Saturday, I'm out with friends, swimming, maybe meet the kids. And Sunday is a more chill day, taking time for me, time to relax. But routines every day, non negotiable.

Tasha: Yeah. So how do you decide what order you do things in? You said you don't always do them in the same order. So do you have like a list you refer to to make sure you don't forget or...

Diane: I do have a list because I find that on most days I am running on automatic. And that's one of the benefits here, I would say for anybody who hasn't had routines before, if you're thinking, well, it sounds like a bit of a chore, once you have your routine going, you're actually working on automatic pilot.

Things, it just becomes so ingrained in you that you end up doing things without thinking about

it. And that takes off the mental load. Because before I'd be thinking, well, oh, I need to put on a load of laundry.

Now I know that's the first thing that happens every day. You know, usually I'll wake up and then I'll walk downstairs to the, to the basement and put on a load of laundry.

They really take the mental load off because you know that you've got a plan for things, you're not having to think about everything the whole time.

So my morning routine, usually, you know, one thing just flows with the next. It will depend on if I am going straight out for a morning bike ride and a dip with my friends or if I'm taking a cold plunge in the garden shed. And from there I just go through it.

But on days when I'm feeling really tired, my mum died last summer and that kind of threw me off. Because when you're grieving or maybe you've just had a new baby, your brain isn't kind of functioning as it usually does.

And then I find it really helpful. I keep my routines on my phone and I can look and say, oh, you know, have I checked off everything for that day? So I do have the backup.

But once you've been doing your routines for a while, you'll find you're on automatic pilot. And that I love, because you don't even have to think about it. It's kind of taken care of and it's less work.

Tasha: Right. We talk a lot about mental load. Right. All of the things to keep track of. And so it can be a lot at first, trying to remember all the things, but whenever it starts to become more of a habit, more automatic, more of a

routine, like, that's where the real benefits come.

Diane: Yeah. And also, I mean, you may work with a planner. You've got the get organized planner. Some people love to, you know, open that in the morning. Okay. See what is coming up.

And it is, you know, in the beginning, routines can be quite fun. Oh, I'm going to have a morning routine. You know, start of the year, everybody wants to start afresh.

But once that newness of the first couple of weeks wears off, it's not quite so sexy any longer. It's like, oh, the daily routine. I have to do the laundry.

And that's why we really need to make it work for us and make it fun, you know, keep it motivating, because otherwise it's not going to stick.

And one of the things that really surprised me about having the routine is that once you've got routines up and going, it really opens up so much more time in your head.

Or that we're more patient with the rest of the people in our household, that we have more room for growth because suddenly we're not wasting time thinking about all the, all the chores. We've streamlined those.

So it really opens up things. So it opens up more time, and we all want that.

Tasha: Yeah. Yeah. Right. So you mentioned that for you, you aren't the type to be like, all right, I'm going to get up and I'm going to do this first, this second, this third, every single day. And I have a feeling that a lot of people

listening or watching this podcast can relate to that.

But I think it can be confusing to start a new routine. Everything you see online, that's like, all right, like, here's the five steps you need to put into your morning routine.

So for someone who is listening and is saying, like, yes, that is me, like, I need the flexibility. Every single day is different. How do you get started with a routine if it's not by saying, I get up at this time and I do this first every day and this next.

Diane: Yeah, and this is. This is easy to answer because that. That's the thing.

We really need to find the middle ground here because we can go from having no routine whatsoever, and then we've got, we come up with, yeah, I've seen it with coaching clients again.

Now, again and again, they show me all the notebooks that they've made and all the lists. But that's not going to, making all those lists is not going to get you anywhere.

So I always say to them, well, that's great. You know, you've got. You've got your notebooks and your pen, but we really need to break it down and find out what makes a difference for you every day. And that is very individual.

For me, I must have, for example, make the bed and get dressed all the way to shoes because I cannot function. I have makeup on every day, light makeup, but I don't feel productive unless I'm dressed.

For somebody else it could be making sure that baby's bottles are washed and ready and ready

for the day, or taking out the dog for a walk, if you've got a dog.

But we have to see here what are the things that are absolute musts for us. Maybe it's doing the dishes at the end of the day so that when you come into the kitchen the next morning, you're not looking at the pile of stuff.

And I would say to you, choose three things. Three things that make that difference to you. That you know that if you do not get those done during the day, the rest will not happen. And that's why I always say three things.

Because once I've got my three things out of the way, then I'm up and running, the day is going well. And that's when I can add in the other steps, which would be nice, but they're not essentials. So three things for the morning and three things for the evening.

And I've actually, I've got several videos about that where I've got a little chart for you where you can fill in your three things.

Why do you want to have a routine? Actually forcing you to say, why do you want a routine? Because you want your day to go more smoothly in the morning, so that you are not shouting at the children when they're on their way to school in the morning, or so that you have more time to do your crafts in the evening when your routine is finished.

So it's really that pinpointing the why you want to have the routine, not just, oh, everybody else has got routine routines. That sounds good.

And to choose three things. And then from there, you know, you can start building. Once you've got the basic routines under your belt, then you can add in more, add in more.

But don't fill out that 20, 20 different things that you can do in the morning, because I probably do 20 different things in the morning. But unless I concentrate on the three main ones the rest is not going to happen.

Tasha: Right. I absolutely love the question you just asked of what actually makes a difference for you because we can research all day long everyone else's routines. I mean, you've shared exercise is really important to you and some people may resonate with that.

I know for me, I feel like every new year I hear people talk about I'm going to read this many books this year. And like that sounds so great. I'm like, not what makes a difference for me.

And so I love that question because it can really help you narrow down to what's actually going to be impactful instead of just what everyone's posting on Instagram. Right?

Diane: Yeah. And then you can take it from there and like, okay, I want to do crafts. And this is a common thin with the people that I coach.

You know, we also talk about got to get in your self care every day. And always with the crafts, they think that they need to do the whole craft and be taking everything. I said no, you can just sit for 10 or 15 minutes.

But I say to them, well, when do you do crafts? They don't actually do the crafts because it isn't a part of their day. Whereas if you say, okay, I'm going to finish off my evening routine so that by 7:30pm, 8:00pm I can do half an hour of crafts and then suddenly, wow, they were able to do crafts or do an online class.

So as I said, having the routines actually opens up things for us. So, but look at why, why you

want the routine. But I think for most of us, when I was a young mum, it was that, oh that, that stress, wherever you can feel a stress point in your day.

What, what is that? For me it was just as we were all trying to get out the door for nursery and school and, and then things were frazzled.

So I knew something had to change, something really had to change and that, that was the kicker for me, that I didn't like shouting at the kids. You know, it's not a nice way to send them out the door.

So maybe that's the same for anybody who's listening today. If you want to change that, that's what your routine can look like. Changing something in your morning routine.

Tasha: Yes. And another area that I think can bring stress, the change of the seasons. So I know at the time this is releasing, if you're in the northern hemisphere, at least middle of winter, you may be in the southern hemisphere or maybe you're going through the archive and catching up.

Diane: So you can maybe get SAD at different times of year. Because I make videos about this every year and I hear often from people, I actually get SAD.

Not in winter. I get it going into autumn. Autumn is really my least favorite time of year. Other people, they get it actually going into summer because it can be, I think, incredibly hot for some of you where you live.

But circling back to, that's what I said about the exercise. For me, I need to be outside every single day of the year. It gives me the light or a bit of light. Okay. It's dark here by 3:00 in

the afternoon and it's not light again in the morning until 9am in the morning. So we have a long dark winter.

But I found that having the routines, one, because it pulls us through, like when I lost my mum last summer, the routines when we're going through grief or some kind of difficult period in our lives, or SED, it helps to pull us through because we're just working on autopilot. We need to make dinner every day, we need to put on the laundry every day, we need to do the errands.

But there are many different things that you can do, especially if you are in the Northern hemisphere. Light is very, very important. And I'm in Denmark, where we have the candles all the time, LED candles or real candles.

And I turn it around so that my routines look different in the winter. Right. Right now I've got LED candles that are, they're on a kind of timer switch and they come on in the morning so that when I go into the bathroom, I actually have my shower by candlelight.

And a lot of people said to me, but don't you want to have bright lights? No, I actually like it in the morning, get up and it's so very cozy going to the bathroom and I've got my coffee, my nice cup, and I'm showering by candlelight. So you don't have to do a candlelit bath in the evening. You can do that in the morning.

So just these kind of tiny things that can help us to embrace the darkness. In my case, anyway. Embrace the darkness,

Tasha: Yes, definitely that. And also the cold. I mean, being willing to get outside even if it's cold. I know for me, I get so tired in the winter.

Like it gets dark early, it's cold outside. What am I even going to do?

And so just dressing for it, getting like the light that you need, whatever it is, to kind of still keep living your life even when it's dark and cold.

Diane: Yeah. And that's where community can really help out.

Now, I wouldn't suggest that you do the same as I do with the ice swimming and the winter swimming, but I am a member of a group of ladies and we are chill swimmers and we meet every Saturday come rain shine the ice.

And we've been, you know, going in, breaking the ice to get into the water. But we just come together and it doesn't matter if it's raining, it doesn't matter if it's snowing.

We come together and we're all geared up and then we dip in the sea and afterwards we've got our thermos flasks with us. We'll have a hot cup of tea. I usually bring, I've made a cake or something. And it's just that community spirit.

And it can be really, really long, dark winter. But that's something that's changed for many of the ladies. It's an international group. Many of them have never lived somewhere that's so far north before and they've never experienced that darkness.

And they've all said that the getting together once a week and being out in that weather, you can really celebrate it. And the worse the weather is, the more fun it is. We've got snow coming down.

Tasha: That's when you have a story to tell.

Diane: Yeah, exactly. And then others in the office are saying, you've been swimming this week. Are you crazy? But that's really important is having community, getting outside, and really making it as cozy as you can inside.

If you're not the type that wants to go out winter swimming, create a cozy nook in your living room. My hubby and I, we both have kind of like a reading chair and I've got my big cozy blanket and I put on my fluffy socks and I sit there and I really embrace that.

Yeah, it's really dark. And this is when I do my seasonal reading and I get really into the spirit of it. So instead of, you know, embrace it and instead of complaining about it, really, you know what? I want to eat all the bad things right now. Want to have drink hot chocolate all the time. Well, okay, maybe not every day, but from time to time, that's. That's all part of enjoying it.

Tasha: Exactly. It all goes back to that. What makes a difference for you, whether it is from the seasons changing or a point in your day when you just need more routine.

Like, what are the things that are going to not transform it, right? None of this is magic, but what's going to make it a little bit easier?

I kind of think of it as a threshold. Right. That what is going to make that threshold just a little bit higher, make the day just a little bit easier.

Like it's still going to have its challenges. It is still going to be dark and cold. And that, I don't take it that that has made autumn your favorite time of year, but.

Diane: Yeah, exactly. And in autumn I have

learned to do things with one of my besties, who's American, and we go, there's an American pie company here in Copenhagen. And we go there and we have some was it pumpkin pie and hot apple cider? Okay.

It's not my favorite things to, to eat or drink, but you know, we do it once a year. And that's like, okay, but that was nice. I've done that.

And then I can move on to winter. Exactly. There are ways to embrace it.

Tasha: Definitely. And that is, that's what makes a difference for sure. So definitely. Whether it be, you know, whatever the season.

I would love to have you share what are some of the things that you would say are your strengths? Like when you just think about your home, just maintaining the routines that you want.

Where is it that you're like, yes, Like, I feel like this comes naturally to me. This is what I feel like something that goes well.

Diane: Well, actually I don't feel like any of the routines come naturally to me. I really have had to learn that because as I said at work, at the court, super organized. Because I had something to work with.

The routines at home, not so much. But I have discovered that there's a couple of places where I kind of fall down. I'm good on the day to day things. Laundry, decluttering.

You've probably seen all my decluttering videos where we're hoping to move this year. We're going to buy an apartment instead of having this big, huge house. And I always have to say buy an apartment because I know in the

States...

Tasha: We rent them. Yeah.

Diane: What do you call it?

Tasha: A condo?

Diane: Well, we don't have that in the rest of the world. It's just you buy an apartment, we're buying apartments. So I'm decluttering a lot. So those kind of things. I'm really good.

Where I fall down is when I have to involve other people and not, not the family or not hubby or the kids. But if I have to have people in like electricians or plumbers or if I have to make appointments for things like the dentist or hairdresser, if it involves, if it involves a phone call, I just put that off.

And it's so weird because I used to spend my life when I was working at the court and other places I've worked on the telephone. And now I just.

Oh, sorry,

Tasha: You're good.

Diane: But there goes the phone. It's telling me. Now. I just. It really. I really have to summon up my courage to make that phone call now.

Fast forward to now. We're in 2025. Most things I can actually order a visit from an electrician or my hair appointment. Also my dentist. I can now do that online. It's made a world of difference.

But I'm really not good with outsourcing to other people if it involves that making a phone

call, that's just been a problem for me. But I've learned how to do.

And what I usually do is because in the Fly Lady system, we have anti procrastination day every Wednesday. So that's the day, you know, if you keep on putting off, maybe you're not very good at putting together your, I don't know, tax returns or there's a light bulb you need to change, but you need to get the ladder out and change, you know, all those kind of fiddly things. It doesn't actually take that long, but, oh, I'll do another day.

On Wednesdays, that's when you do those things. So often I will set my timer for five minutes and say, okay, I'm going to phone. Deep breath. And afterwards, I can celebrate with a cup of coffee or a hot chocolate.

And you know what happens, Tasha? Well, once you actually summed up to the courage, it's done. And you think, why? Why have I put it off for so long?

But you know, where we're all. We all have our things that we're not great at, and I'm still working in that. But I'm happy to say that technology is helping me as well. So most of those things, I can do that without having to talk, without having to talk to human.

Tasha: Right. So I feel like the two things I take away from that is, first of all, if there's something you struggle with and there's a way to make it easier, like, you didn't have to make yourself love phone calls. You found a way to do it online.

And then if there isn't a way to make it easier, maybe having a appointed day or a scheduled time to say, like, this is what I'm gonna do it. And if it's not in this timeframe, I don't have to

think about it.

Diane: Yeah. And. Yeah, and also schedule something nice for afterwards.

But it was the same with the dentist. I used to be petrified of the dentist, but I used to say, okay, I'm going to go to the dentist. And the same day I would meet with a friend in town afterwards.

So I got the dentist over and I was thinking, okay, you know, an hour from now, I'm no longer sitting in the dentist. But I've moved on with that and now I go to the dentist regularly. So go.

Tasha: I get it. The dentist. I was, I was not a fan.

Diane: My dentist is really sweet. So she's so, and she's Danish and, I was sitting. Oh, you're so good, Diane. You're so very brave. And, yeah, thank you. So they're very nice.

Tasha: Yeah. Well, you've touched on it a couple of times. But this whole concept of self care or scheduling something nice. Could you just give maybe off the top of your head a few examples of what that might look like?

I feel like it's easy to talk about self care and I think everyone thinks of bubble baths and they're not sure. They're like, I don't, I don't take bubble baths.

Diane: Yeah, yeah, exactly. And this is saying, because people always assume, you know, I say you've got to get in self care daily thing, going to the spa, getting their nails done.

I, I don't like having people touching my feet. That's another thing. So I never get pedicures,

do that myself, do my nails myself.

But it can be as simple as going online. Do you get your books from the library? Can you order online from the library?

Tasha: I think so. You can at least order them digitally. So.

Diane: Yeah, but even, you know, a trip to the library to get some seasonal reading or get some new cookbooks from the library, that, that is self care. Just take out. I do that regularly.

Oh, we're coming up for spring. I will look for spring cozy mysteries. Order those from the library. And just even looking online for what am I going to read next? That's self care.

Or it could be TV series, something like that. Meeting up with a friend and going for a walk. If you can get outside instead of always saying, oh, we'll meet at the cafe, maybe you can take a thermos of coffee and maybe buy a bun and you can walk around your local park or maybe you want to go and see a movie.

So it's looking for a little time in in our week, but scheduling it, because if you don't schedule the self care, it doesn't happen. Yes.

And self care can look very different from you to me, I have a lot of friends who like to knit or crochet. I'm too impatient for that. That is not my thing.

But what I used to enjoy doing was I would sign up for night classes, evening classes. I would do that in the winter because it got me out of the house and gave me something else to think about. I learned Swedish at night classes. So think about different ways.

And maybe you've always wanted to try drawing. Maybe you can find an online class that you can do so you don't even have to leave the house, but something that you've always wanted to do and never had time to do.

Tasha: Yes. I think it all goes right back to that same question of what makes a difference for you. Not necessarily what everyone else says that you should do.

Diane: Yeah, yeah. And try out as many things as possible.

I mean, last year I tried a paddle. Do you know that paddle tennis?

Tasha: Oh yeah.

Diane: It has a different word in the States.

Tasha: Pickleball or table tennis.

Diane: It's a bit like that. And I went along to try. My ladies group has lots of different subgroups and I tried it. It wasn't for me. Both sports are not for me.

But again, just, just try things, you know, and quite often you have to try a lot of different things before you find something that you, you really enjoy.

Tasha: Right. And I think that's so important because if we're scheduling in self care in our day that already feels busy already, it's hard to find time to do all of the important things like making sure that that is an impactful thing for you.

I can say, like for me going on a run, I feel so much better after I go out on a run. But you may not be a runner and so that may just be a

burden. Like another thing on the, things you have to. Something that doesn't actually bring you any peace and so finding out what it is that you feel better after doing.

Diane: Yeah, exactly. And again, like we said at the beginning, you have to find what works for you. Don't worry about everybody else or, you know, because at the beginning of the year, everybody's out doing the exercising.

Find an exercise that you like. Maybe you prefer to do tai chi, maybe you prefer to do yoga, pilates, swimming at your local swimming pool while the kids are going to a lesson.

You know, there are plenty of things out there, but don't overburden yourself by thinking you start doing that and you have to enjoy it. You may find out after a couple of lessons, I don't like it. Then switch to something else. Okay. Always be flexible. If you're not enjoying doing it, then don't.

Tasha: Yes, that's a good rule for life, right?

Diane: Well, you know, within reason, but you know what I mean. You might say, I'm going to start crafting. And then, like me, I enjoy the idea of crafting. It sounds very cozy. I enjoyed it at Get Organized last year, I enjoyed all the craft sessions.

Do I craft myself? No, I enjoy watching other people doing crafting.

Tasha: Yes, absolutely. Well, I've loved sitting down and chatting about this with you today. I have one last question that I wanted to ask before we kind of wrap up here, and that is, as you think about just your life recently, what is one thing that's bringing you less stress and more peace?

Diane: That's easy, because. And I probably wouldn't have said this 10 years ago, but now it's the stuff. The stuff in our home.

And we are moving, hopefully this year into a condo apartment in Copenhagen. And it was only when I started really decluttering things. I mean, I've been decluttering for. For years, since 2006. Right.

And I've actually only recently felt more. More and more that, oh, this stuff has really been holding me back. And I keep on saying in my decluttering videos and decluttering for a new life. And I really feel, every time I open the kitchen drawer, what more can I let go of?

Because I feel so much lighter. And, you know, I'm the same weight. And, you know, I'm 57. I've been the same weight for the last 20 years, but I just I feel like I'm getting lighter and lighter as it goes.

And I'm thinking. And I wish I could say that to people that I know decluttering can be difficult at first, but honestly, the best is yet to come. Once you start letting go of all the things that you don't need, there's so much more awaits you.

And I hear this again, again. But the best things in life are not the things. Definitely not for me. It's the people, the experiences. It's time with time with the family. That's really the most precious thing to me.

So one thing that I don't need in my life anymore is stuff. Even in my office, things are disappearing.

Tasha: Yes

Diane: But not the pom poms, because

people...

Tasha: Not the pom poms.

Diane: Yeah. People always say I made a joke about, oh, the pom poms are getting too flattened. No, of course not. The pom pots. I need those.

Tasha: Yes, absolutely.

Well, Diane, thank you so much again for sitting down with us. Where's the best place for people to go to hear more from you?

Diane: I'm always around on YouTube and also on Facebook and Instagram. YouTube I'm usually there once or twice a week and Facebook and Instagram I often pop in and you can see photos of us winter bathing or life in Copenhagen. So I'm always around.

But Diane in Denmark you will, you will find me and routines. Whatever you choose for the new year, just keep it simple. Three things. Morning, evening and, And you will get there.

Tasha: Yes, absolutely.

Well go check out Diane in Denmark on YouTube. I know she shares, you've been sharing your decluttering journey over there. You share self care prompts over there tips that are helping you with your routines.

So this is kind of just like a taste of everything you can go check out over there. So thank you so much Diane.

Diane: Thanks Tasha. See you next time. Okay ra ra ra.