



## SYNOPSIS

# Episode 29: Get Organized Once & For All: What to Do On Bad Days

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## SETTING YOURSELF UP FOR SUCCESS

A lot of focus from online content creators is on setting yourself up for success and making a plan for how you want your days to go. That's great! You want to create a plan for what you want to achieve. It's very important, though, to realize that there are going to be bad days.

## REAL LIFE HAPPENS

This is real life and even with the best habits and best systems, there are going to be bad days. There will be interruptions, sickness, and just things that happen to throw off our days. How we handle those bad days is going to make a big difference in our long term success.

## REAL LIFE EXAMPLE

Here's an example from a challenge we had with the Get Organized HQ Insiders membership. The challenge was to do one load of laundry every single day for a month. One of the participants posted that she was not going to be able to complete the challenge, but she said that she adjusted the challenge for her situation.

The challenge was to wash, dry, and put away an entire load of laundry every single day. This member decided that for herself, she was going to pick up the dirty clothes off the floor every single day. This is what she could do, and so this is what she focused on for the duration of

the challenge.

## THE RIGHT ATTITUDE & MINDSET

This is exactly the attitude and mindset that keeps you moving forward on the bad days to do what you can. What is your goal and what can you do to move in that direction? What baby step can you take in the direction that you want to go.

Success isn't all or nothing. It's a direction that you are moving in, so if you are moving in that direction, you are succeeding. Also keep in mind that just because you messed up doesn't mean you give up.

## CLEAN SINK CHALLENGE

Laura once held a clean sink challenge. Everyone was to go to bed with all of their dishes clean for 30 days. Laura printed out the printable, put it up by her sink and did fantastic for the first day or two.

On that second or third day, she completely forgot about the challenge. It wasn't that she just didn't feel like doing the dishes, she just got busy in the evenings and completely spaced out. It was the next morning when it hit her. She had just started and publicized this challenge and she had already failed.

Part of her wanted to just act as though the challenge never happened, and she would never

talk about it again. But another part of her said there were still 29 days in the challenge where she could go to bed with a clean sink.

Because 29 days out of 30 isn't bad, so she continued with the challenge and got her dishes done every single day for the rest of the challenge.

## WHAT FAILURE ACTUALLY IS

Failure is not missing one day. Failure is when you allow that to affect you so deeply that you continue to not get anything done the next day, or the next day because you had one off day.

Consistency is so much better than having a perfect streak. Consistency is attainable, and that is what we are reaching for.

Keep moving in the direction of success and don't give up. Tomorrow is a new day!