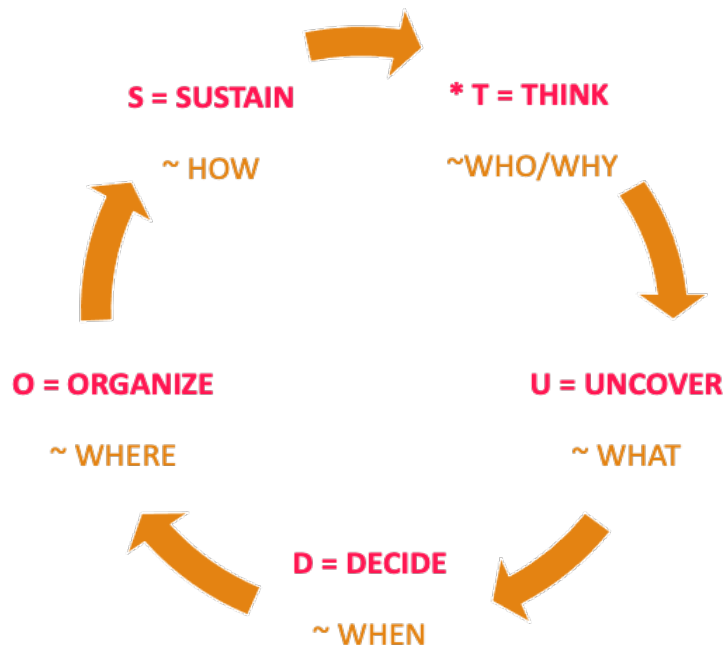


GET IT DONE! WEEK 2 WORKBOOK

Overcome Overwhelm & Finish (or Start)
Your Organizing Project in 2020
Using the T.U.D.O.S. Technique



REFLECTION

“Most of my advances were by mistake. You uncover what is when you get rid of what isn’t.” ~ R. Buckminster Fuller

What’s your reaction to the quote above?

CHECK-IN

1. On a scale of 1-10, (10 being awesome & 1 being terrible), how do you feel about your organizational progress this week and why?

2. What did you do this week? Did you make (or try to make) any shifts, and if so, what happened? Be as specific as you can about how you FELT during this process.

THEORY INTO ACTION

3. What is MINIMALISM and how can it impact your organizational efforts?

<https://www.minimalismmadesimple.com/home/meaning-of-minimalism> ~ Rebecca Crespo

4. What can you learn from the *Becoming Minimalist* movement?

<https://www.becomingminimalist.com/becoming-minimalist-start-here/> ~ Joshua Becker

5. What can you learn from *The Minimalists*?

https://www.theminimalists.com/about/#the_mins ~ Joshua Fields Millburn & Ryan Nicodemus

6. What is MAXIMALISM and how can it impact your organizational efforts?

<https://www.thespruce.com/what-is-maximalist-style-4685629> ~ Deirdre Sullivan

7. What can you learn from the book, *The Joy of Leaving Your Sh*t all Over the Place*?

8. Based on the ideas presented and information you have gathered, how would you describe your organizational style? How does your personality/lifestyle impact this?

T.U.D.O.S. TECHNIQUE & NEXT STEPS

Step 2 = UNCOVER

1. Pick a category to start with (something not emotionally “heavy”, i.e.: kitchen utensils)
2. Find all items in that category (i.e.: bots from closet, back door, garage, tray, etc.)
3. Gather all items from one category in one place
4. Prepare mentally to make decisions about what to keep or let go of or other
5. Repeat process with items from another category

9. Where will you start? What are your top three categories to “uncover”?

10. What might be challenging about going through this step? What can you do to overcome any “uncovering” challenges?

11. What was your biggest takeaway from this week?

12. Looking ahead, is there a goal that you have for the week that can be articulated here? What do you need to do to prepare yourself for success?

****Writing this down really helps solidify your goals and gets you closer to realizing them!****

FACEBOOK GROUP PROMPT: What did you uncover this week? What surprised you most?