

ZEN TIDY

Setting Goals:

Set aside 15-20 minutes to read through this sheet and complete at least number one and number two. Zen Tidy clients may print this for home use.



By setting goals, tidying becomes the facilitator of your success. A completely tidy home frees your mind and space to pursue your ambitions.

Goals can be for your space, like create an area for woodworking, and goals can be for your life, like declutter and sell your home to go on a year long road trip.

What do I want?

The first step for a long-term successful tidy is to create a goal. It's likely you already have goals, now make them concrete.

Break it down.

1. **Define your goal.** Make it achievable, realistic, and specific.
2. **Make it concrete.** Write it in a notebook, make a Pinterest board, or rip out magazine pages and gather them in a folder.
3. **Break your goal down into obtainable, measurable chunks.** Utilize deadlines and checklists.
4. **Measure progress.** Refer to your deadlines and checklists to see what is getting done.
5. **Assess and adjust goal.** Analyze what is successful, what is not, and what should or can change.