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Simply Back to Basics™
Providing Customized Solutions for Life Situations™
Get it Together! Keep it Together! Let Linda Help!™

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Linda's Organizing Tip for April 2009:

Thinking About Change? Change Your Thinking!

Often times the simplest ideas are profound and powerful. My friend and colleague, Linda Birkinbine of Keep it Organized (Buffalo, NY) shared this wisdom with me, which she learned while attending a Professional Organizer's Conference in Canada, last year.

Instead of saying "I want to _____, but I am afraid" switch it around to say "I am afraid, but I want to _____".

Doing this switch does two things. First it re-frames the thought into "possibility language". Instead of hearing the barrier last, the brain processes the "want" thought as a possibility that can be realized. Second, it moves the person to action by allowing the fear of change to be set aside for the moment, and a step forward to be made. These are powerful thoughts and can be taught to and learned by those of us who find that fear often gets in the way of change.

Another really great, simple idea comes from Peter Walsh, author of [Does This Clutter Make My Butt Look Fat](#), and [It's All Too Much](#). He says, when feeling stuck and connected to clutter from the past, ask yourself;

Are the best moments of your life behind you or ahead of you?

Honest response to this question can often reveal a shift in thinking that will free you to move forward in your desire to achieve the vision of the life you want to have now.

Happy Organizing.

For personal attention with this or any other task, simply call Linda.

***These tips are for sharing!
Please forward to others interested in organizing ideas.***

I welcome all feedback about these articles. Please feel free to e-mail me anytime.
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