
My Intentional Year

Organizing My Life
for
Joy and Meaning

Mrg Simon

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for
Joy and Meaning

2023

written and illustrated by
Mrg Simon

Name

Contact

Introduction

This planner is unlike any other you've seen before because it's about creating an intentional strategy for realizing your long-term personal vision and goals. This is about transforming your daily, weekly, and monthly chores and appointments into ways to support the life you want to live and maintain an organized life at the same time. As a mother of two grown children who is embarking on her second career after more than 30 years as a lawyer, I can see that I've spent most of my adult life letting things unfold in a haphazard way. When my kids reached high school I panicked, thinking that there wasn't enough time left before they graduated to do all the things my husband and I wanted to do with them. As a professional organizer, I can see how our day-to-day life was consumed with repetitive cleaning and organizing chores which occupied much of our free time, together with poor time management, leaving little left for meaningful family time every day or even every week.

Hoping to gain control over our life, my husband and I started "strategically planning" our year over each anniversary dinner (coincidentally we were married in early January). That helped us plan family vacations for years into the future and prioritize household tasks that had been easily passed over to deal with the latest crisis, be it laundry, homework, dinner, after school activities, or any other urgent matter. Strategic planning for our family was generally a productive exercise to help us reach specific goals. But our day-to-day lives were still what I charitably look back on as a disorganized mess for a chronic perfectionist. It wasn't until both our children were graduated from high school and out of the house that I stumbled upon the literally *LIFE CHANGING MAGIC OF TIDYING*. Marie Kondo's first book on the Japanese art of decluttering and organizing, titled *The Life Changing Magic of Tidying*, hit a deep nerve because she approaches tidying as a means to achieve genuine joy in your life, not just to get the bathrooms cleaned and the laundry folded and put away. Two years later, I completed training and

became a Certified KonMari® Consultant.

Since becoming certified, I've had the pleasure of helping others find joy in their lives through tidying their homes and work spaces. I find it fulfilling to help people bring order to their lives and restore joy in their lives by first establishing in great detail their vision for their future. How they would live their life in an ideal world. And that is the key to successful tidying. It is so satisfying to help others find joy through organization that I retired from practicing law and now work as a professional organizer full-time.

One thing I've noticed, however, is that people can backslide into old ways, and when that happens they find themselves in the same cluttered mess they started with. Without a commitment to their vision and creation of new habits, success is hard to maintain.

For a number of years, I have kept a journal - or more accurately, I have used a journaling book to keep track of my life, both what's coming up and what's happened. The more my professional organizing matured, the more my journal became more like a strategic planning tool and source of relaxation. I used it to keep track of my theme for the year, my vision and goals, as well as birthdays and anniversaries, travel, books I've read, and more. Along the way, I was doodling and drawing, hand-lettering inspirational quotes, and marking the passage of the seasons with ink and colored pencils.

I keep my book with me and pull it out whenever I'm planning or making an appointment or just referring to something from the last month or two. As I did so, more and more people saw my "illuminated" planner and gushed praise over the beauty of it. And, most said they could never do something like that because they weren't artists. What a shame it would be to pass over the opportunity for a more intentional life and a source of what has become relaxation and calmness in my life just because they believed they needed to be a professional artist.

That's what this journey is about: Giving you the tools to realize your vision for your life in a fun and relaxing way, and regain lost time to pursue meaningful activities.

I've mapped out your year for you so all you have to do is personalize it with your vision, your theme, your goals. You can choose which lists will serve to keep track of the information that's important to you, like logging your exercise or daily meditation, or keeping track of the last time you serviced your automobile or furnace/air conditioner.

Along the way, you'll find prompts to keep you focused on living in the present and planning for the future. You'll also find some doodling prompts. You can color them in, like an adult coloring book, or you can draw your own in the space provided. Whatever you choose to do, do it because you find it calming and relaxing; it shouldn't be a source of stress. You maintain control. As it should be.

This journey is intended to help you map out your goals and the tasks needed to make them a reality. The more you do this, the better you will become at it. And by "it" I mean leading a more intentional life with more joy and satisfaction in every day. And when you find yourself hurtling toward the end of the year, you won't have to wonder where the days went or how the months flew by. You'll have a meaningful record of it all.

Initial Instructions

My Intentional Year is designed to give you the structure to be intentional about expressly organizing life - your months, weeks, and days as well as your home, your work, your personal and other roles you play - to add up to a meaningful and joyful year. Don't let your time - the entire year - slip by in the blink of an eye.

VISION & THEME: The first order of business is to define a clear and concise vision for your year. What does your ideal life look like? It is so much more than having a tidy and organized home. That is just a *tool* to achieve your best life. "The ideal way we spend our time is determined by how we fill it and what - and who - we share it with," says Marie Kondo.

Think of your life as a series of events designed for you to realize joy and meaning, including events that are planned by others as well as those you plan for yourself. What events will headline your year? If you could plan it all, what would you include for each season and month? You'll also want to focus on the most significant people in your life and relationships you want to nurture and memories you want to create together.

Devote time to getting your vision for your year established, complete with a theme and theme song to keep you focused with a song in your heart.

GOALS: Goals are specific things that you intend to achieve. For example, "Lose weight" or "Get healthy" are goals but they need more detail. Instead, try "Lose 20 pounds" or "Exercise 30 minutes per day, six days a week." They should be capable of completion within the year or, if part of a larger long-term goal, identify the portion that can be completed this year toward the achievement of that ultimate goal.

Remember, too, that your goals are intended to support your vision so you should include pleasant and fun goals, too. If you're an over-scheduled worker bee who doesn't make time for a get-away, "Take a 7-day vacation" would be an example of a specific goal that can be broken down into steps for specific months. For example: January, pick a destination; March, book lodging and request time off from work; May, identify specific things to do on your vacation; June, purchase specific items you'll need (maybe a roller bag or new swim suit); and July, take vacation; and August create a photo book of memories to enjoy for years to come. That's how you take a specific goal and break it into action items for the months to come.

FUTURE LOG: This list of the months is used to record things that need to be planned into the future, reminders, things to do some day, or birthdays. Use it however you see fit.

MONTHLY LOG: The month-at-a-glance pages give you a view of the entire month. You can use this to briefly record meetings, appointments and other events and tasks that are handy to know when making other appointments or commitments during the month.

DAILY LOG: These pages are designed for your use every day. Whether horizontally or vertically formatted, it's the space where you can note specific events, record what happens during the day, or even create a task list.

MONTHLY TIPS & HABIT TRACKERS: Each month will include a page of tips or information to encourage your success throughout your journey. Habit trackers can be created to track new habits you are working to develop.

DRAWINGS: The original drawings and artwork are intended to inspire you. Think of it as an adult coloring book and relax while you color in a design. Prompts encourage you to try your own drawing, too.

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“What if every decision
you made,
every goal you set,
and every aspect of
your life
was guided by
what sparks joy?”

Marie Kondo, *Kurashi at Home* (© 2022)

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VISION

Your vision describes how you want to live your life, with sufficient detail to understand clearly how you want to feel in your surroundings and relationships, what your physical environment will look, feel, sound, and smell like, and what you aspire to achieve in this year or the years to come. This will be the yardstick you use to decide if a particular item or action supports your vision in the long term, so get as specific as you can. And it's perfectly fine to write it in pencil, too.

I CAN &
I WILL.

THEME

Your theme should be a word or phrase that will be a connecting thread that runs through your year, perhaps incorporating a positive habit that you hope to nurture throughout the year. Some examples: Celebrate More, Breathe and Believe, Patience, Journey Anew, Connect Deeply, Wellness First, Eat Well & Travel Often, etc. Write it big and decoratively so it stands out in your journal and in your mind every time you think of it!

Bonus points if you have a theme song that embodies the vibe for your year!

GOALS

Consider your goals for your life by areas, such as Personal, Family, Professional/Work, Home, et cetera. For each area, write specific, realistic goals you intend to complete during this year. They can be long-term or short-term goals, big and bold, or small and practical.

Then, each month you will break down your goals further into actionable steps to achieve each goal. Use the space provided below and on the next pages to identify your goals for 2023.

PERSONAL

FAMILY

PROFESSIONAL / WORK

HOME

OTHER:

2023

January

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

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12	13	14	15	16	17	18
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26	27	28				

March

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26	27	28	29	30	31	

April

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9	10	11	12	13	14	15
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23	24	25	26	27	28	29
30						

May

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August

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		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FUTURE LOG

FEB

MAR

APR

MAY

JUN

JUL

FUTURE LOG

AUG

SEP

OCT

NOV

DEC

JAN

JANUARY



JANUARY

National Get Organized month!

SUN	MON	TUES	WED
1	2	3	4 New Year's Day
8	9	10	11
15	16 M.L. King Day	17	18
22	23	24	25
29	30	31	

THU	FRI	SAT
5	6	7
12	13	14
19	20	21
26	27	28

Steps I'll Take to Achieve My Goals This Month

PERSONAL

FAMILY

PROFESSIONAL / WORK

HOME

OTHER:

Note to Self:

**YOU
GOT
THIS**

Organizing Your Life

When I use the word “organizing,” I am talking about two things. First, finding the objects, experiences, and relationships in your life that bring you joy and discarding those that do not support your long-term vision. Second, putting in order all that you consciously choose to keep so that there’s a designated “place” for everything in your life.

It might seem tedious to organize your physical space, but it is essential to your well-being to do so. Research indicates that a disorganized and cluttered physical space creates distractions and causes stress, including the stress that manifests itself in serious physical maladies as depression, panic disorders, chronic alcoholism, obesity, diabetes, rheumatoid arthritis, autoimmunity, malignancy, and more. This is serious business.

So commit to yourself that you will organize your home and office in 2023. It’s essential to achieving your ideal goals and lifestyle. You must be deliberate about choosing your path and tasks, and you must make the time to achieve the goals you set every day. When you do that you are building a virtuous system of habits that will put most tasks on auto pilot. Then ultimately achieving your ideal life will become easier as you go along. If you focus your energy on your vision and goals with the express purpose of bringing joy to your life and adopting an intentional lifestyle, you will know joy every day.

SUN 1

New Year’s Day

MON 2

TUE 3

WED 4

THU 5

FRI 6

SAT 7

SUN 8

Habit Trackers

Habit trackers are useful tools to help establish or maintain desired habits. Habits are actions that you repeat almost without thinking. One of the keys to achieving your ideal lifestyle is developing new habits and breaking old habits.

In his book *Atomic Habits* (© 2018), James Clear points out that if we simply tidy a space, we have a clean room but it won't last because we haven't changed the underlying habits that created the cluttered mess in the first place. What we really need to change are the behaviors that caused the undesired results in the first place. If we want long-term, lasting results, we need to change the habits that got us to the problem.

On these pages are two different forms of habit trackers. On the top, list the habit you want to reinforce, then check the box every day you achieve the goal. The act of checking the box reinforces the positive behavior change.

Habit trackers can help you track other information, too, like the vacations you plan to take, the books you've read, the last time you changed the furnace filter, and much more. The possibilities are limitless. More examples appear throughout this planner.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31									

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Habit Trackers

SUN	1						
MON	2						
TUE	3						
WED	4						
THU	5						
FRI	6						
SAT	7						
SUN	8						
MON	9						
TUE	10						
WED	11						
THU	12						
FRI	13						
SAT	14						
SUN	15						
MON	16						
TUE	17						
WED	18						
THU	19						
FRI	20						
SAT	21						
SUN	22						
MON	23						
TUE	24						
WED	25						
THU	26						
FRI	27						
SAT	28						
SUN	29						
MON	30						
TUE	31						

I am Grateful for ...

Experts tell us that writing down our feelings of gratitude every day has the power to make us happier and more optimistic. Try it!

THE LAST TIME II ...

Changed the water filter ...

Changed the furnace/AC filter ...

Serviced my vehicle ...

Changed the batteries in smoke & CO detectors ...

LET IT SNOW!

MON 9

TUE 10

WED 11

THU 12

FRI 13

SAT 14

SUN 15

MON 16

TUE 17

WED 18

M.L. King Day

THU 19

FRI 20

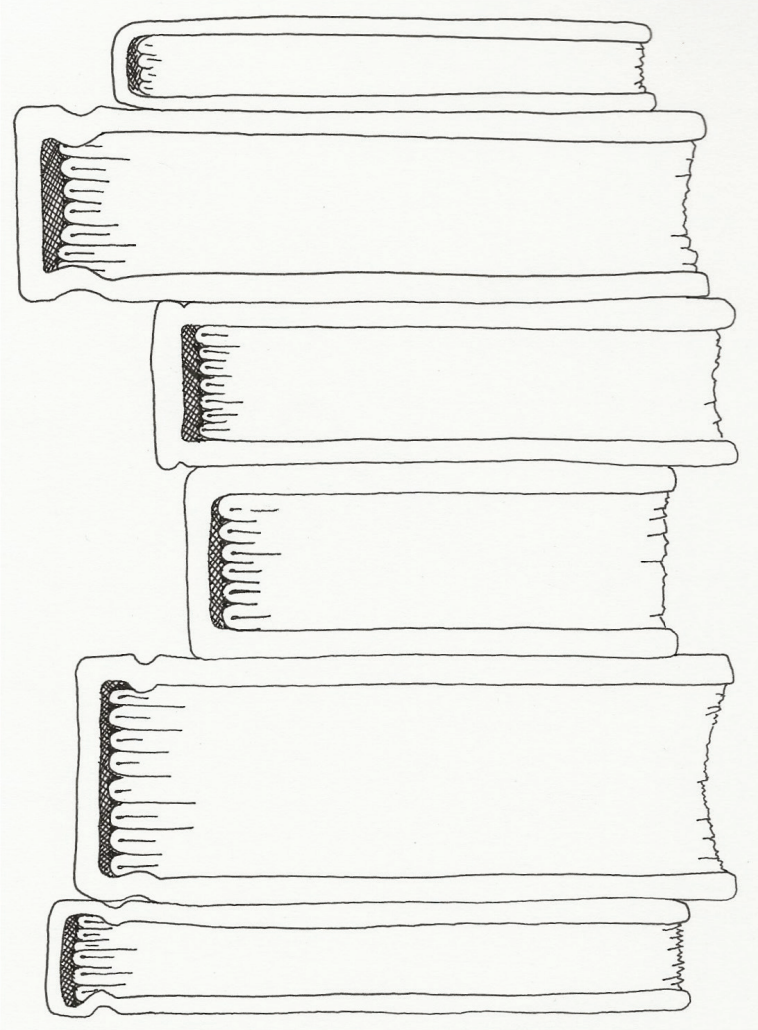
SAT 21

SUN 22

BOOKS

I've read this year

I want to read this year



6 Rules of Tidying

1. Commit yourself to tidying up.

Once you've made up your mind to tidy, do the hard work and do it as quickly as possible. Dragging it out is a recipe for failure

2. Imagine your ideal lifestyle.

Don't start tidying until you have a clear vision of why you want to tidy and the lifestyle you want to lead. Understanding your motivation will be essential to staying on the right track.

3. Finish discarding first.

Discard items in each category first, then plan storage.

4. Tidy by category, not by location.

Tidying room-by-room simply shuffles things around. Tidying by category, such as clothing, means you gather all those items from throughout your house to visualize the sheer volume and maximize efficiency in joy-checking.

5. Follow the right order.

It's important to follow a specific order to ensure you don't get distracted by items you discover in your work on another category. Go from easiest to hardest: clothes, books, paper, miscellaneous items, and finally sentimental items.

6. Ask yourself if it sparks joy.

The entire objective of tidying is to choose what to keep, not what to discard. Keep only those things that bring joy and hold meaning for you, and discard items with gratitude.

Adapted from "Spark Joy," by Marie Kondo (© 2011)

MON 23

TUE 24

WED 25

THU 26

FRI 27

SAT 28

SUN 29

MON 30

TUE 31

JANUARY ACHIEVEMENTS

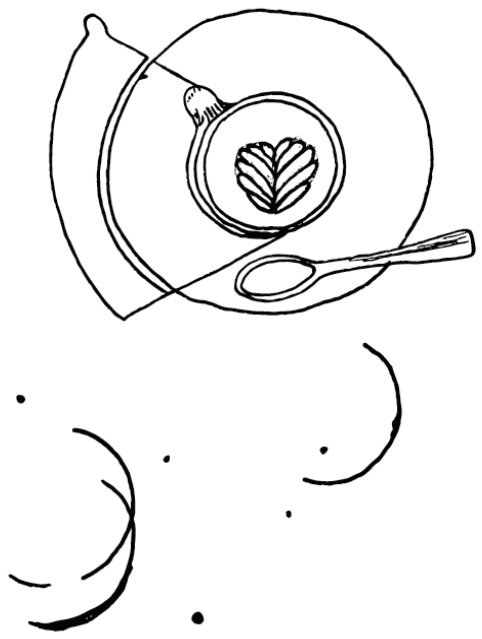
Here's what I did to focus on my vision and theme this month:

HABIT TRACKERS + MORE

Use this space to draw your monthly habit tracker, celebrate amazing things that happened this month, or just to relax and doodle a bit.

Reflections on My Intentions

FEBRUARY



FEBRUARY

SUN	MON	TUES	WED
			1
5	6	7	8
12	13	14 Valentine's Day	15
19	20 President's Day	21	22
26	27	28	

THU	FRI	SAT
2	3	4
9	10	11
16	17	18
23	24	25

Steps I'll Take to Achieve My Goals This Month

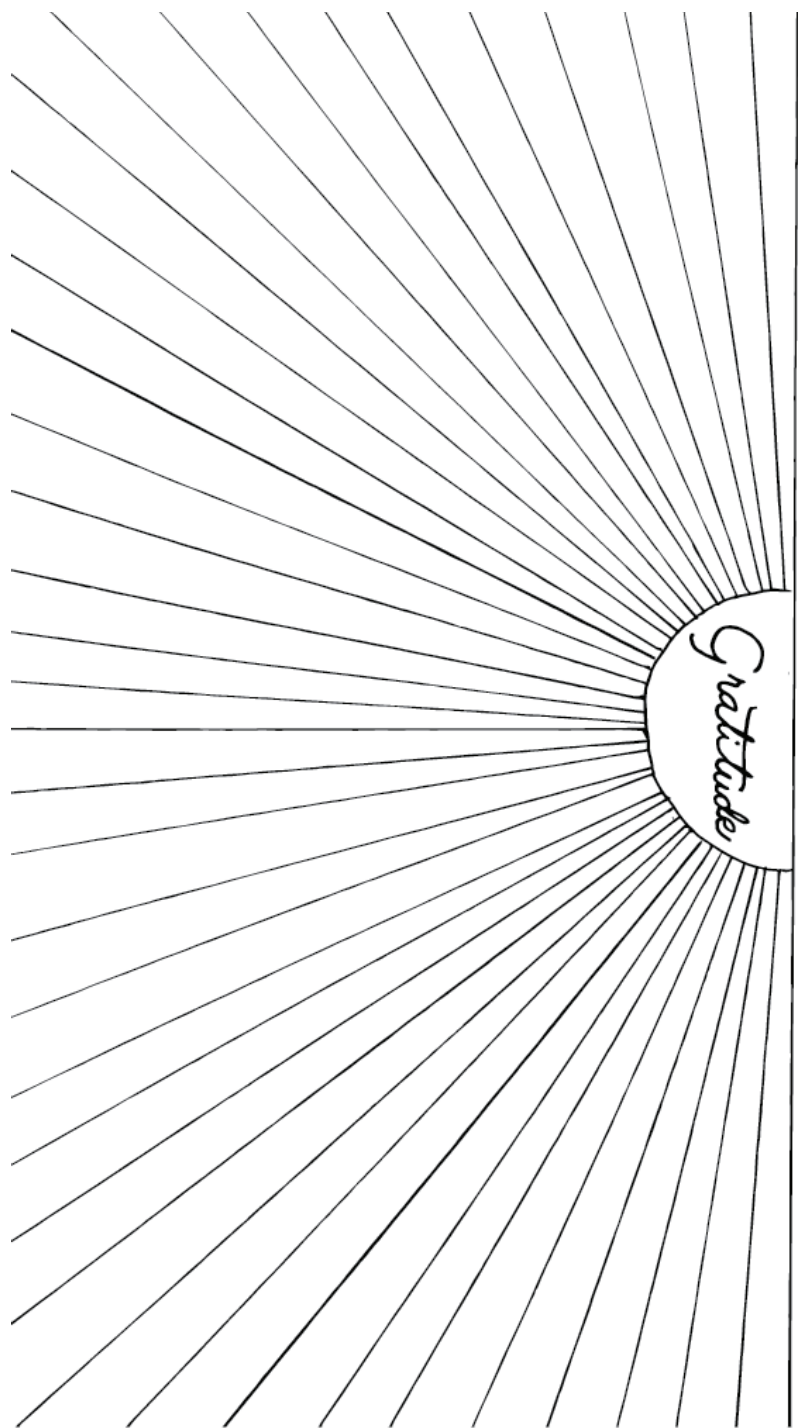
PERSONAL

FAMILY

PROFESSIONAL / WORK

HOME

OTHER:



Ground Hog Day

WED 1



Shadow = 6 more weeks of winter
No Shadow - 8 more weeks of winter

THU 2

FRI 3

SAT 4

SUN 5

Ground Hog Day

POSITIVE CHANGE

Organizing your life for joy and meaning requires a degree of intentionality that, for most of us, we haven't consistently exercised for a while. Simply put, it requires change, and one of the most powerful tools for changing behaviors, outcomes, and identities is our habits. James Clear, author of *Atomic Habits* (© 2018) advocates for small changes that, over time, will lead to positive results. He defines an atomic habit as "a tiny change, a marginal gain, a 1 percent improvement....They are little habits that are part of a larger system. Just as atoms are the building blocks of molecules, atomic habits are the building blocks of remarkable results." "[It's] a regular practice or routine that is not only small and easy to do, but also the source of incredible power; a component of the system of compound growth."

As you identify goals for your intentional year, think about making small changes to reach your objectives and to realize your vision for your lifestyle. With a one percent change every day, imagine what you can accomplish in just a year, a month, or a week!

"Your identity emerges out of your habits. Every action is a vote for the type of person you wish to become."

James Clear, *Atomic Habits*

MON 6



TUE 7



WED 8



THU 9



FRI 10



SAT 11



SUN 12

MON 13 _____

TUE 14 _____

Valentine's Day

WED 15 _____

THU 16 _____

FRI 17 _____

SAT 18 _____

SUN 19 _____



MON 20

President's Day

TUE 21

WED 22

THU 23

FRI 24

SAT 25

SUN 26

3 Quick Tips for Entertaining

You may be looking forward to spending time with friends and family this year, and that may include hosting guests at your home. Don't hesitate to host because you are concerned about having a "perfect" home; follow these three tips and simplify your gatherings!

Do a Joy Check.

Because we see our house every day, it's easy to become "blind" to clutter and misplaced items. Walk through your home the way that guests will with fresh eyes. When you spot a pile of things or miscellaneous clutter, stop. Ask yourself if these items bring you joy. That's always your first step. If they do, great! But if not, this is good time to let them go and remove them from your space.

Decide where things belong.

When you decide an item brings you joy, you may realize that it is not where it belongs or perhaps it doesn't even have a permanent "home" in your house. Don't pass over misplaced items. Decide right now specifically where they should live and put them in their home. As organizing maven Marie Kondo says, "If you want to maintain a tidy home, you – and everyone else who lives there – must know precisely where each item belongs."

Keep a neat kitchen.

Finally, we all seem to end up with guests in the kitchen – an irresistible gathering place. Kitchens often look messy because they're home to so many miscellaneous items and they're the hardest working room in the house. It goes without saying that you should do as much party prep in advance so you can have all your dishes and pans clean and in their proper place. Next, focus on clearing your counters of any non-essential items. "Anything that can go in a drawer or cupboard should be put away," says Kondo. By keeping the area around your sink clear, your kitchen can look neat and tidy.

MON 27

TUE 28

FEBRUARY ACHIEVEMENTS

Here's what I did to focus on my vision and theme this month:

HABIT TRACKERS + MORE

Use this space to draw your monthly habit tracker, celebrate amazing things that happened this month, or just to relax and doodle a bit.

Reflections on My Intentions

MARCH



MARCH

SUN	MON	TUES	WED
			1
5	6	7	8
12	13	14	15
Daylight Savings			
19	20	21	22
26	27	28	29

THU	FRI	SAT
2	3	4
9	10	11
16	17	18
23	24	25
30	31	
St. Patrick's Day		



Steps I'll Take to Achieve My Goals This Month

PERSONAL

FAMILY

PROFESSIONAL / WORK

HOME

OTHER:

I am Grateful for ...

"Thank you!"

- Your Future Self

Do something today that will make your life easier or better in the future. Maybe it's starting to collect and organize your tax information for the year 2023. You'll be really glad you did that when 2024 rolls around. Or maybe it's as simple as getting your daily dose of exercise. If you've been putting it off, just think how much better you'll feel in one month or six months! You'll be thanking your past self for putting in the effort to improve your future life.

WED 1

THU 2

FRI 3

SAT 4

SUN 5

MON 6



TUE 7



WED 8



THU 9



FRI 10



SAT 11



SUN 12

Finding Joy

To find joy and meaning in your life, it's important to know joy when you feel it, see it, taste it, smell it, and touch it. In the KonMari Method,[®] Marie Kondo teaches that joy is the standard that should govern your life, from determining what clothing to keep and what to dispose of, to choosing to take a vacation and shopping for groceries. But what exactly is "joy?"

Joy is more than a fleeting happy moment, it goes deeper. At its core it's a feeling. It's the feeling you get when you discover a long-lost picture of your child feeding geese by hand at the state capitol all those years ago. It's the way you feel when you slip into your most comfortable pair of jeans. Joy comes from a deeply personal place in your soul and your body reacts positively to the sensation.

Consider those jeans. What if you put them on and they were too tight? What if your ex saw you when you were wearing them? Would you still feel confident and comfortable, or would you be embarrassed and self-conscious? Instantly, you know whether those jeans bring you joy. The more you ask yourself these questions, the better you will become at figuring out what brings you joy. Hone your radar and you will begin to notice those things that bring you a sense of calm, relaxation, thrill, and personal connection.

Simplicity.
Less stuff.
Less work.
More joy.

a
GOOD FRIEND

is like a

4-LEAF CLOVER:

HARD TO FIND,

LUCKY

TO HAVE

MON 13

TUE 14

Pi Day

WED 15

THU 16

FRI 17

St. Patrick's Day

SAT 18

SUN 19



MON 20

TUE 21

WED 22

THU 23

FRI 24

SAT 25

SUN 26

MON 27

TUE 28

WED 29

THU 30

FRI 31

*Take care of
yourself*

FIRST.

MARCH ACHIEVEMENTS

Here's what I did to focus on my vision and theme this month:

HABIT TRACKERS + MORE

Use this space to draw your monthly habit tracker, celebrate amazing things that happened this month, or just to relax and doodle a bit.

Reflections on My Intentions

PLACES TO GO!
THINGS TO DO!

FIRST QUARTER PROGRESS NOTES

CONGRATULATIONS for making it through the first quarter of the year. Can you believe it? One-fourth of the year is gone. Do you have anything to show for it, any progress toward the vision and goals you set for yourself in January? Or perhaps circumstances have change and you need to amend one of your goals or add or delete one. This is the time to get honest with yourself.

On the next few pages, write down the progress you've made toward achieving specific goals. Don't just do this in your head; there's a great deal of self-accountability when you write it down. And then you should celebrate your wins! List each goal and the progress toward achieving it. It will help you plan out the next steps toward completing one or more of your goals.

VISION

Explain how you incorporate your vision into your day-to-day life:

PERSONAL:

ACCOUNTABILITY
is the glue that ties
COMMITMENT to RESULTS

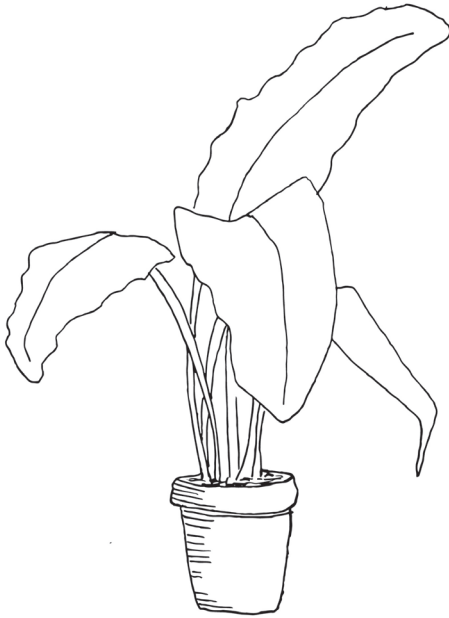
FAMILY:

PROFESSION/WORK:

HOME:

OTHER:

APRIL



APRIL

SUN	MON	TUES	WED
2	3	4	5
9	10	11	12
Easter			
16	17	18	19
23	24	25	26
30			

THU	FRI	SAT
		1
6	7	8
13	14	15
20	21	22
27	28	29



Steps I'll Take to Achieve My Goals This Month

PERSONAL

FAMILY

PROFESSIONAL / WORK

HOME

OTHER:

Prayers

I lift up these people and ask for your strength and healing power to bless each of them, their families, and their caretakers.

In His name I pray. Amen

if you get **TIRED,**

learn to **REST,**

not to **QUIT.**

I am Grateful for ...

Effective habits result in identity change. Rather than say 'I want to read more,' tell yourself that you are a reader. You can become a traveler, a business owner, a morning person, an organized person. "The more pride you have in a particular aspect of your identity, the more motivated you will be to maintain the habits associated with it. ... Once your pride gets involved, you'll fight tooth and nail to maintain your habits."

- James Clear, Atomic Habits

SAT	1
SUN	2

MON 3

TUE 4

WED 5

THU 6

FRI 7

SAT 8
SUN 9

Easter



Happy
Easter



MAKING TIME

It always seems that there isn't enough time to do all the things we'd like to do. If only we could make more time. While we haven't figured out how to bend the space-time continuum yet, there is a way that I've found to "make" more time. I discovered it quite by accident.

When I first "KonMari'd" my own home, I did it in one fell swoop, taking about a month to go through the 2,600 square feet of living space plus storage space. Without realizing it, I was so thorough in eliminating distractions and things I didn't love, that I was left in a surprising state: idle. I had nothing to do.

And it persisted month after month for one reason: I had changed my habits. In addition to finding a permanent home for everything in my house to be stored, I had begun to take small actions - like putting away items immediately after their use, sorting the mail as soon as it was delivered - to incorporate the principles of KonMari into my life. My dream was a home that was tidy most of the time and always ready for friends to drop by. That motivated me to keep a tidy kitchen (don't we always end up in the kitchen?), to do laundry regularly, including folding and putting away, and to put away my crafts after I was done using them. Now, an always-tidy-house isn't everyone's dream - and I don't expect your dream to be just like mine.

By changing the systemic way I operated my part of our household, I created small habits that led to a transformation in my identity. No longer was I the messy child. No longer did my closets betray the superficial organization. I became a tidy person. And in doing so, I found that I had a lot of time on my hands because I wasn't avoiding clutter or getting distracted by mountains of paper.

Instead, I realized that this wasn't a temporary state, I had actually made time in my life for things that I love. I started using that time to draw and paint, and I now have a small commercial watercolor gig on the side that satisfies a dream I've always had. Habits can help you make time for the important things in your life.

MON 10

TUE 11

WED 12

THU 13

FRI 14

SAT 15
SUN 16

MON 17

TUE 18

WED 19

THU 20

FRI 21

SAT 22

SUN 23

MON 24

TUE 25

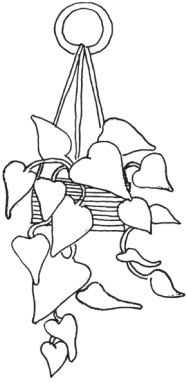
WED 26

THU 27

FRI 28

SAT 29

SUN 30



APRIL ACHIEVEMENTS

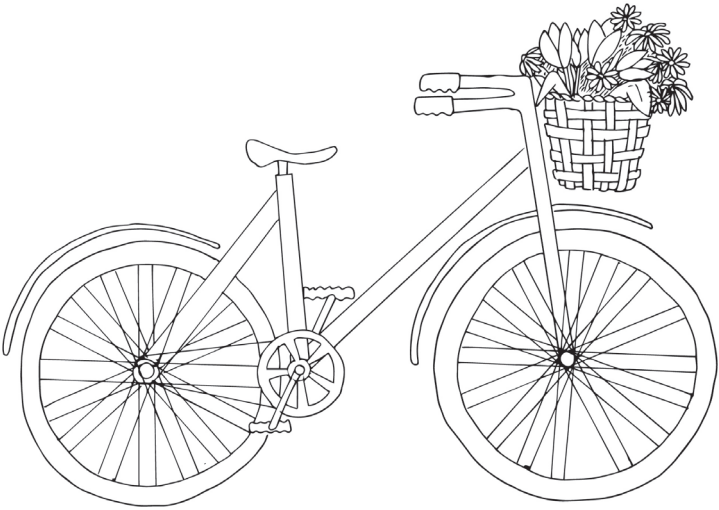
Here's what I did to focus on my vision and theme this month:

HABIT TRACKERS + MORE

Use this space to draw your monthly habit tracker, celebrate amazing things that happened this month, or just to relax and doodle a bit.

Reflections on My Intentions

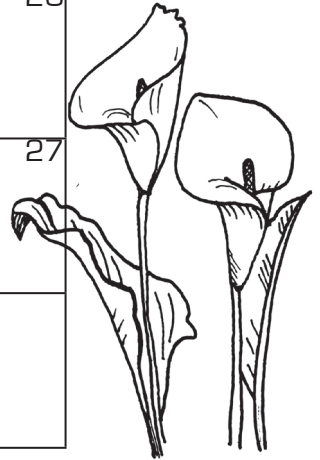
MAY



MAY

SUN	MON	TUES	WED
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

THU	FRI	SAT
4	5	6
11	12	13
18	19	20
25	26	27



Steps I'll Take to Achieve My Goals This Month

PERSONAL

FAMILY

PROFESSIONAL / WORK

HOME

OTHER:

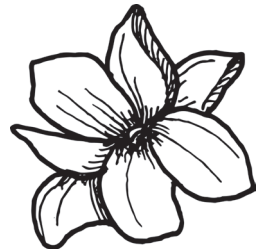
MON 1



TUE 2



WED 3



THU 4 _____

FRI 5 _____



SAT 6 _____

SUN 7



Happy
Mother's
Day

MON 8

TUE 9

WED 10

THU 11

FRI 12

SAT 13

SUN 14

Mother's Day

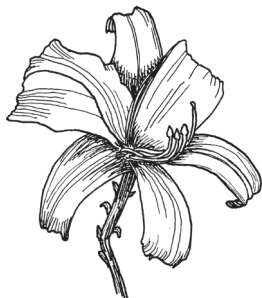
MON 15



TUE 16



WED 17



THU 18



FRI 19



SAT 20

SUN 21



MON 22 _____

TUE 23 _____

WED 24 _____

THU 25 _____

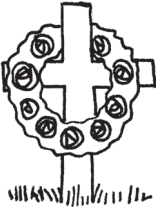
FRI 26 _____

SAT 27 _____

SUN 28

MON 29

Memorial Day



TUE 30

WED 31

The Search for Meaning

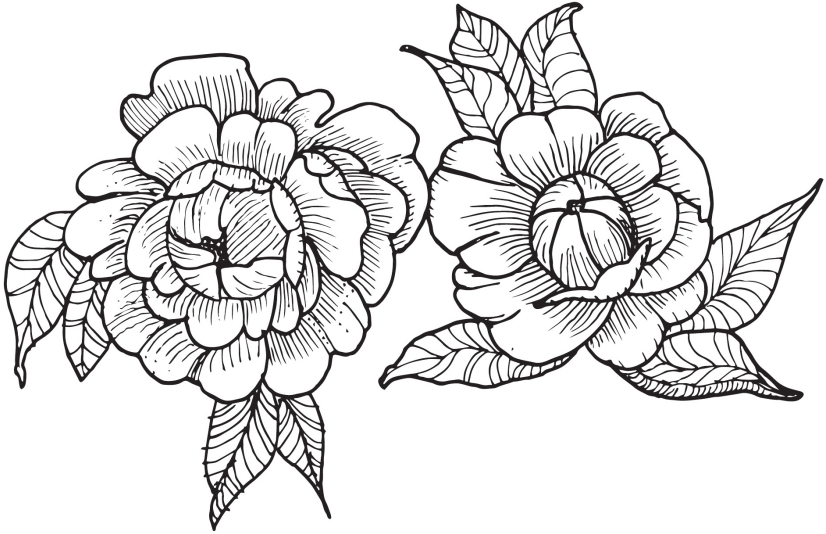
We've talked about joy quite a bit: it's the foundation of a satisfying life and a yardstick to measure what things we surround ourselves with and how we use the time we have. I think you'll find, like I did, that once you've put your house in order in terms of tidying, that you have more time on your hands.

What you do with that time is what gives purpose to your life.

You can find your purpose in the work you do at your job and away from your job; you can find your purpose in the relationships you nurture and the things you create. The key is using your time to pursue - actively work to achieve - a cause that is outside of you and greater than you alone. This is not to say that self-care isn't important; it is. But focusing on the self to the exclusion of others means we are missing out on some of the best opportunities for fulfilling experiences.

When you're disorganized, overwhelmed, and stressed, it's hard to find time for one more thing. I get it. That's why it's so important to first declutter and organize your physical surroundings - the tidiness that results will lift a great burden from your shoulders. The background chatter in your ears as well as your field of vision will calm itself and open up the space to think clearly about your needs, your family's needs, and the needs of others.

You will catch yourself asking "do I really need that, or only want that?" Is binge watching a Netflix series the best use of my time or could I use that to pick up that hobby I used to pursue or volunteer your skills to a worthy organization? When it's bitterly cold and snowy outside, binge watching may well be the best use of your time. But take a hard look at what you do with your time after your house is in order. Open yourself up to new experiences, deeper relationships, and service to others. I guarantee you'll find the meaning in your life.



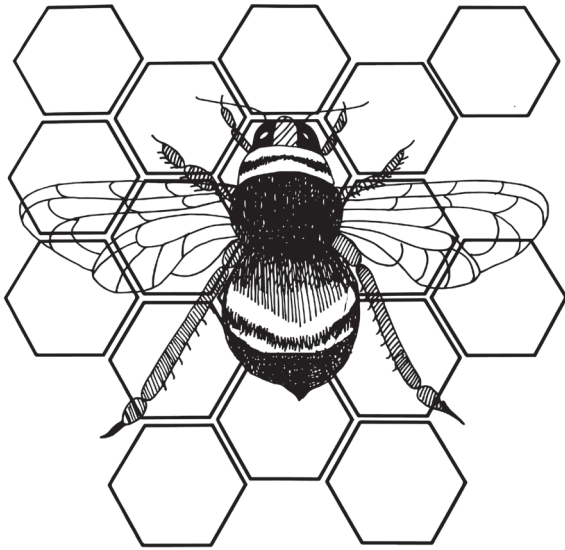
MAY ACHIEVEMENTS

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JUNE



JUNE



SUN	MON	TUES	WED
4	5	6	7
11	12	13	14
18	19	20	21
Father's Day			Flag Day
25	26	27	28

THU	FRI	SAT
1	2	3
8	9	10
15	16	17
22	23	24
29	30	



Steps I'll Take to Achieve My Goals This Month

PERSONAL

FAMILY

PROFESSIONAL / WORK

HOME

OTHER:

When the flower
blossoms



The bee will come.



Podcast Favorites

THU	1

FRI	2

SAT	3
SUN	4

MON 5

TUE 6

WED 7

THU 8

FRI 9

SAT 10

SUN 11

MAINTAINING MOTIVATION

If you've had the life-changing experience of going through a KonMari session, you've probably asked yourself "How can I keep this as tidy as it is today?" It's a fair question and important to get right.

1. The first key to maintaining your tidying is remembering your vision. Why did you bother going through the KonMari Method™ and investing your hard-earned money in this tidy outcome? Maybe you want to be that home that people can drop by at any minute and just hang out without an embarrassing pile of clutter on the kitchen counter. Whatever the reason, let it motivate you to stay tidy.

2. The second key to maintaining your tidy home is to develop good habits. After tidying, you now have a place for everything and everything is in its place. After one of those items is used, put it back in its place promptly. If it takes less than five minutes to tidy up, don't put it off. Now, were all going to have days when we make a big mess in the course of some project and we feel like a tornado just went through our once-tidy house. Don't get down on yourself - you've got this! Now that you know that everything has its storage place in your home, tidying up will go quickly. What once took you hours to do can be accomplished in less than 30 minutes. That's the beauty of making your life 1% better every day with positive habits. Self-discipline is what will get you through the messy days and make them tidy.

3. Third, consider adopting a routine such as the 20-20-20 rule, recommended by some KonMari consultants. In the final hour of your family's day, set aside 20 minutes to tidy up today's messes. Laundry, homework, toys, sports equipment - whatever it is, put it back in its place during the first 20 minutes. When that time is up, stop (even if there's still work to be done), and spend the next 20 minutes preparing for tomorrow. Pack a lunch or backpack, pick out wardrobes, get your workout gear together. Anything that will make life easier for you tomorrow. Then - and this is important - take the next 20 minutes to reward yourself, Maybe a relaxing bath, reading a book, jamming out to tunes - just don't skip this step. It's key to making 20-20-20 your new habit and staying on track!

CONSISTENCY

IS THE KEY TO

EVERYTHING.

MON 12

TUE 13

WED 14

Flag Day

THU 15

FRI 16

SAT 17

SUN 18

Father's Day

MON 19

TUE 20

WED 21

THU 22

FRI 23

SAT 24

SUN 25

MOVIES

I would like to see

I have seen

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I am Grateful for ...

MON 26

TUE 27

WED 28

THU 29

FRI 30

*Trust
your
Gut*

JUNE ACHIEVEMENTS

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SECOND QUARTER PROGRESS NOTES

YOU DID IT! You made it to the half-way point! By now, you know the drill. What do you have to show for your hard work? Or perhaps circumstances have change and you need to amend one of your goals or add or delete one. This is the time to get honest with yourself and write it down. Writing it down somehow makes it more “real.”

On the next few pages, write down the progress you’ve made toward achieving specific goals. Don’t just do this in your head; there’s a great deal of self-accountability when you write it down. And then you should celebrate your wins! List each goal and the progress toward achieving it. It will help you plan out the next steps toward completing one or more of your goals.

VISION

Explain how you incorporate your vision into your day-to-day life:

PERSONAL:

ACCOUNTABILITY

is the glue that ties

COMMITMENT to RESULTS

FAMILY:

PROFESSION/WORK:

HOME:

OTHER:
