

lesson 1 *creating great habits*

WELCOME!

Welcome to “Simplify Your Life with Habits and Routines!” With this workshop, you’re about to embark on a path of ease, where you’re not constantly nagging yourself to get things done. Instead you’ll complete daily activities without even thinking about them!



I’m Janine Adams, a certified professional organizer and somebody for whom habits and routines are really important. You see, I’m a naturally messy person. I have a good organizational infrastructure in my home and I’m great at decluttering, but I have a hard time remembering to put things away. I don’t really see mess, so things can get pretty bad before I act.

Throughout my life, as a result, I’ve lived with messes. Not monumental messes, but certainly what most people would consider disarray. When I was younger, it was worse than it is now. Since I opened my organizing business in 2005 and really started exploring the value of habits and routines—and watched how they’ve helped my clients—I have been able to implement habits and routines that have made my life much easier.

So what do we mean by habits and routines? I define a habit as something you do on a regular basis. (Webster defines it that way too.) As you know habits can be good and they can be bad. We’ll be talking about ways to create good habits and also let go of less desirable ones.

Routines, on the other hand, are by definition a sequence of events. So a routine is comprised of two or more habits done in sequence.

It’s funny. The word “routine” can have a negative connotation. As an adjective it can mean rote or boring. Some people think that routine things are unexciting and therefore undesirable.

But I think routines are almost magical. They make life easy, because often you

don't even have to think about them. For example, when I'm in the shower, I wash my hair, then my body, then my face. Always in that order, usually without even noticing. Sometimes I can't remember if I've done one of the steps because they happen without my even thinking.

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When you create habits and incorporate them into routines, you'll be amazed at how much you can accomplish on a regular basis. And once the behaviors become automatic, that's when life gets really good. Because the more of these automatic behaviors you add to your life, the easier your life will be. When parts of your life are automated so that you're staying on top of things that are important to you, you free yourself of that nagging voice in the back of your head telling you what you should be doing. By creating habits and routines for the little chores of daily life, you actually free yourself to pursue things you're passionate about. No more missing out on fun excursions because you feel you should stay home and “get organized.” It may seem paradoxical, but habits and routines actually free you to live spontaneously!

In this workshop, you'll learn about creating habits and how to get started by selecting a meaningful one. You'll learn about creating routines as well, and the power they have to simplify your life. You'll connect that new meaningful habit with at least one other to create a routine. You'll also get to know a bunch of tools that can help you stick to the habits and routines you're trying to create. We'll also talk about kicking bad habits and what to do if you backslide. My hope for you when you finish this workshop is that your new habits and routines will allow you to start living the life you want to lead, effortlessly.

In this week's lesson, we'll be focusing on creating good habits. You'll start by assessing what you're already doing automatically, think about what you'd like to change, and fantasize about how life could be. Finally, you'll choose a single good habit to cultivate. We'll take a look at stringing habits into routines in Lesson 2. What about bad habits? You'll address those in Lesson 3.

Are you ready to get started? Let's do it!

This is a sample of the first lesson of the online workshop

Simplify Your Life with Habits + Routines. To learn more, visit www.simplify101.com.