

Cawfee Tawk

LIVE WEBINARS FROM THE HEART

Presents: **Get back in “Tidy” Shape!**



I recently started Weight Watchers for the first time and I was loving it.

I thought this could be a great way to get the house in ship shape!

Then the very next day I got a text from Ellen (another Tidy Tutor Student)

Here is what she wrote:

“I need to get back on my regiment, I was thinking about it like a workout...I was thinking we don’t get in shape without working out or moving and doing things, so it’s the same thing with cleaning out your house and keeping it tidy.”

I was excited because of what I was just thinking... I shot back about how I was just thinking in the same lines based on my WW experience and having a point system as they use with eating.

Then she added, “I was thinking if you don’t work out, your muscles turn to flab (lol). Exercise your dejunking muscle. 5 minutes a day then 10 then hit 30. Or choose your 3 dejunking ‘workout’ days/hours per week.”



That was it! Her text established that I was on the right path.

But it wasn't until I started exercising that I saw how I could correlate getting into a fitness routine with a Tidy Tutor one.

I'm still working out the details...



**For now... I thought we would
get started with the
fundamentals.**

Exercising these habits.

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- Do it now!**
- Say No!**
- Do what you gotta before you
do what you wanna**
- It goes where it goes.**

Before we do, to stay true to fitness...

Let's make a commitment.

Decide what we want.

Keep it doable and measurable.

And keep it in our sights as we go.



**Need to loose 50 lbs? Need to
declutter an entire home?**

**Well, we wouldn't make that
commitment.**

**We would say, 2 lbs a week. Or
even 1 lb a week.**

**How to decide about the house
work out?**

D E C I D E

Let's make a commitment.

“To stay faithful and be serious about getting the house decluttered and cleaned up.”

Decide what we want.

A clean, organized home.

Keep it doable and measurable.

At first it's best to have the measurable goal of time to an exercise routine.

Declutter goal and maintenance.

Keep it in our sights as we go.

Weekly check-ins.

GOALS

1. _____

2. _____

3. _____

4. _____



Let's get started with the fundamentals.

Maintenance

Let's exercising these habits.

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- **Do it now!**
- **Say No!**
- **Do what you gotta before you do what you wanna.**
- **It goes where it goes.**

• **Do it now!**

]



• **Say No!**

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• It goes where it goes.

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- **Do what you gotta before you do what you wanna.**

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