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Is it *Holiday Activity* Clutter?

What is *Holiday Activity* clutter? Clutter comes in many forms. When it comes to holiday activities, clutter is anything you don't *want to do, enjoy doing, or need to do*. The list of activities that we try to work into our normal schedules during the holidays is endless: decorating, cooking, shopping, gift giving, family gatherings, travel, etc. For any activity, ask yourself: **Do I want to do it?** OK...but how *many* activities are you trying to cram into your limited schedule? **Do I enjoy doing it?** Consider this: If you enjoy it so much, why is it stressing you out? **Do I need to do it?** OK, you probably do need to feed your family during the holidays, but does it need to be such a production? Can you make it a pot-luck? How 'bout pizza and a holiday movie at home? **If the answer is yes -- you want to do it, enjoy doing it, or need to do it -- wonderful, enjoy your activity! Just be sure to stay within your financial, emotional and physical budgets. Spend more time with the people you love, and less money on stuff. Take care of yourself by eating well and getting enough sleep.**

Why can't I part with my *Holiday Activity* clutter? Here are some possible reasons: **It's a family tradition.** That may be, but aren't there some traditions you enjoy more than others? What if you did some of your favorite traditional activities this year, and others next year? **But we've always done it that way!** Does that mean you can't re-evaluate and adapt to your current needs? **Someone will be mad if I don't do it.** That's their problem, no? **I will feel guilty if I don't do it.** Why? Have you actually done something wrong or hurtful? **The activity makes me feel bad (for whatever reason).** All the more reason to dump it! **I can't afford it financially.** There are no points in heaven for "keeping up with the Joneses." **I can't afford it emotionally.** Do the things that fill you up, not the things that drain you of energy. **I can't afford it physically.** You won't enjoy anything if you don't take care of yourself first. **The bottom line: If you don't want to do it, enjoy doing it, or need to do it, it's holiday clutter.**

What can I do about my *Holiday Activity* clutter? Dump it, Delegate it, or Downsize it. Dump the activity from your to-do list or schedule. Delegate some of the work to someone else. Downsize the number and duration of activities, the amount of spending you usually do, and your expectations of having the *perfect* holiday. Don't worry about what you *don't do* and *don't have*. Enjoy what you *do* and *have* to their fullest!

What if, despite my best intentions, I still have *Holiday Activity* clutter? If a week has gone by and you have not managed to eliminate the activity from your to-do list, or asked someone else to do it, or found simpler, less stressful way of doing it, ask yourself: Do I really want to continue feeling stressed out about the holidays? If you need help planning your holiday activities, call a professional organizer who specializes in time management, or a life coach, or a friend.

Congratulations, you are on the road to becoming *Holiday Activity* clutter-free!