



Has the New Year brought with it a new commitment to organize your home and family? Be careful....too grand a plan can have you ending up failing and with a bad attitude too!

**Consider these three ‘Re’ words as you do a little attitude check.**

**Relax** - Are you trying to accomplish too big of a goal too quickly? Baby steps are the key. Do what you can today, and do a little more again tomorrow. Baby steps will get you to your goal as long as you keep taking them.

**Remember** - It is important to ask for help. Don’t let shame or guilt keep you isolated. Call a family meeting and get everyone’s input. Remember too ... your home didn’t get this way overnight, and the problem won’t get solved overnight. Work with the time and ability you have. Be careful too of a perfectionist attitude. It can get you into trouble!

**Reward** - Once you have a realistic plan then set-up reward systems for you and your family. It can be as simple as treating yourself to a take-out coffee to enjoy as you get caught up on filing. Or consider setting your kitchen timer for 30 minutes - assign each family member a chore and when the timer rings enjoy a walk to the park together. Personalize this plan to your family ... do whatever it takes to motivate cooperation towards the goal!

To learn more about “Getting It Together”, visit us at [www.heartofthematter.ca](http://www.heartofthematter.ca)

***In order . . . . to live a life of purpose***