



## 5 Minute Miracles

### Do these EVERY DAY

...but if you miss a day, practice being gentle with yourself  
– like talking to a child you love –  
and begin again later that day or the next day.



#### MAKE YOUR BED

It doesn't have to be perfect, just get 'er done. Enjoy at the end of the day!



#### Practice JUST DO IT NOW

When you think 'just for now,' change it to 'just do it now.' Put trash, recycling, dishes & clothes where they belong right away. Celebrate when you do. Every piece counts!



#### Create a DONATION STATION

Make a permanent place to put things you don't want. Practice putting things in it as soon as you think 'I don't like-want-need-use this.' Tell everyone in the household where it is. Practice taking it to be donated. Celebrate every item that goes in and goes away!



#### Clear 1-2 small spaces

Toss trash, wipe it down, be thorough, make it pretty. Do what it takes to clear it daily. Celebrate every time you notice it clear! (bathroom counters & nightstands are great)



#### MANAGE MAIL

1. Throw away/recycle everything you can immediately (no excuses)
2. Take mail out of envelopes, toss the envelope immediately
3. If it's "too hard," figure it out. Look at why you're not doing it and make it easier.
4. Put mail you can't take care of immediately in a visible vertical container
5. File only absolutely necessary papers

(If these are too challenging, take my Tame the Paper Monster course - I'll show you how)



#### CHOOSE 1 THING

What's one thing you can do today or right now to make the day and your future better?  
Keep it simple. Start small. Celebrate wins. It all counts.  
Have your own back. Do it without getting in your own way. You CAN do this!

Other 5 Minute Miracles you want to incorporate (practice the others for at least 30 days first)

---

---

## Relax first

Clutter and overwhelm often stem from living in Survival Mode.

Trying to declutter, organize and make decisions (or do anything, really) from Survival Mode is like trying to swim across a lake without taking a breath...it can be done by someone somewhere, but it's not recommended.



## SQUARE BREATH

Use this technique to create calm anywhere, any time. (This is very good for your health!)

Do this before making decisions, decluttering or organizing...  
...or any time you feel anxious or overwhelmed.

- **Breathe in** to the count of 4
- **Pause** to the count of 4
- **Breathe out** to the count of 5
- **Pause** to the count of 4
- **Do this 4 times**
- **Open** your eyes
- **Notice** the difference
- Practice staying in this calmer place, with slower breathing and awareness.

**Organizing begins with being kind to your Self.**

**You've got this. I'm with you.**

Love,

*Spring*

*Spring Courtright at TidyWild*

*P.S. If you're suffering, PLEASE reach out. There is no need to suffer any longer. You're not alone and there is help. Take the first step and reach out - I'm here and I've suffered, too.*

[www.TidyWild.com](http://www.TidyWild.com)

[SpringCourtright@TidyWild.com](mailto:SpringCourtright@TidyWild.com)

Find TidyWild & Spring on Facebook & Instagram

