

Becoming More Organized, And Improving Your Life

by Jeff Davidson, MBA, CMC



If you fail to file your taxes on time, send cards out too late, shop for presents at the last minute, or have desk drawers that are jammed packed with garbage, then it would be in your best interest to change your outlook.

You may want to reinvent the way you organize your life. Re-invention represents a change or departure from how you currently live and can result in exciting, dramatic change. By changing the way you handle tasks, you can become more organized and improve your life overall.

Tough Things First

Any time you have discretion over the order in which you tackle steps, handle the seemingly unpleasant elements first. If you do what you like to do first, and save the unpleasant things for last, the probability of procrastinating increases. In any case, get started now!

The impetus of staying put, staying where you are, is a real and pervasive problem for people everywhere seeking to change. Much of what you may need to do to achieve a desired outcome may not please you while you're doing it. Jogging for many miles to reduce your waistline, or saving more and spending less won't necessarily make you feel better on any given day. Eventually, when your waistline is at the trim target you've chosen, or your savings account has grown to a healthy balance, you understand that less than pleasing means contributed to the highly pleasing outcome.

Overcoming the Impetus of Staying Put

Procrastination is a barrier to re-invention. To draw upon some of the simplest notions of physics,

it is easy to understand why the impetus of staying put is so strong. Sir Isaac Newton's Five Laws of Thermodynamics, more commonly known as the theory of gravity, holds that a body at rest tends to stay at rest, and a body in motion tends to stay in motion. Newton's laws, as applied to your life, work this way: Suppose that you're 32 years old. That means everything that you have ever done up until this point, every word that you have ever read, every word that you have ever said, every time that you have even put your head upon the pillow on your bed, has contributed to the development of who and what you are in this world right now.

So, if you are 32 years old, you are 32 years in the making, plus, of course, nine months. The viewpoints that you've formed, the habits that you've developed, and the entity that you've become is just perfect—a perfect you. You have the ability to change. You have the ability to reinvent yourself. However, you have to overcome the hurdle that 32 years of being you presents.

If you are 42, then understandably, all other things being equal, overcoming the impetus of staying put is even greater. Even more so at 52 and 62. Conversely, at 12 and at 22 you have lived a lot less; you're relatively more open, more impressionable, and more easily adaptable to change. Studies have shown that young children can pick up a second and third language far more easily than adults can. So too, children can learn a musical instrument or become proficient at a particular sport by starting early.

If you are 42 or over, this isn't to say that your path to re-invention will be measurably harder than that of a 32-year-old or 22-year-old, because you have other "gifts" with which to work. For one, your

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