

Thank you for listening to The Luminous Mind Audioblog, The Spark - Season 2 / Episode 2

Hello Firestarters,

Thank you for joining me on the second season of The Spark, episode 2 where we are adding to last month's discussion of creating balance in our lives with organization, in the sense of decluttering ourselves. They work nicely together if we think of all areas in the physical, spiritual and temporal

So last month, I talked about the need for me to be better balanced and that required three elements, including daily priorities, essentialism and scheduling. All of those areas required improving organization or at least picking up ideas I already understood and reimplementing them into my life. I'm going to share with you how I've been able to organize my life with all the responsibilities as a wife, homeschooling mother, teacher and podcaster.

Currently, in Idaho the snow is melted and thoughts of Spring-cleaning loom. I love the seasons of the year that Idaho offers as they help me to remember to refresh my goals! Anyway, for me Spring is a time of cleaning up and reorganizing. Things here get really dirty with the snow, weather, salt and grime. Spring is a great time to clean and reorganize with a nice, spring breeze blowing through the house. I have been LISTENING to the book, "Out of Sight - Out of Mind: Declutter and Organize Every Facet of Your Life" which is written by: George Lucas in preparation for this month's topic (which I want to remind everyone how awesome Audible is to this busy mom to continue learning on the go - you can get 2 free audible books through the affiliate link on the SPONSOR page of our website: theluminousmind.net.) but I regress... The idea of putting organization right after a focus on creating balance in our lives worked nicely. When we think of clutter, we think sometimes of just our closets or drawers, etc. and during last month's mastermind, (which if you missed you can check that out on YouTube) I described how getting balance is like cleaning out a closet. So the physical organization needs to go hand-in-hand with the spiritual and/or mental closets. We are going to talk about all of this to do with Spring cleaning, changing of seasons and refocusing ourselves....

I have a natural drive or desire to organize, and I think other than myself of someone I know who likes to organize would be my sister. She is the only other person I know who takes it so seriously! Our father was really great at organization and he passed on to us the love of check-lists and accomplishment! I remember how he used baby food jars to organize screws, bolts and nuts on the wall in the garage. As a little girl, cleaning and organizing was something I just loved to do, in fact, my mother would take me with her to visit friends and I would start cleaning which made them feel so uncomfortable that they asked her not to bring me with her. I struggle not being an obsessive compulsive cleaner and when I began homeschooling I struggled to change my schedule around to not do cleaning first. But in our house, learning comes first and I have had to learn that with such thick, list checking tendencies, to chill out...at least a tad... ...however, I need a clean house to function, so I'll give you my secrets and what I've learned through my twenty + years as a wife/ homeschooling mother and throw in a few extras....so let's dive right in...

When I was a little girl, one day I was busy at my organizing when I came upon a list and schedule that my mother had picked up at a church function. As my mother is not a natural organizer or lover of cleaning like me, this list was tucked away in a pile of unused papers. With her permission, this idea of organizing went in my journal and once I was married it became part of our household management. It really is the secret to never have to DO spring cleaning, a way that all your household duties can be consistently achieved. I would like to say that we don't do

spring cleaning and our house is perfectly organized but I am human and like I confessed last month, I say YES to too many things. I have also learned that the perfectly clean house isn't the goal of my life or my mission. However, I do like a tolerably clean house so I can concentrate on school work, writing, and my passion in other things. So here is the organization I've used although I'm sure I'm not the first to implement this plan picked up from a church function in the 80's so I'll start with our first area of organization which, in our home is Physical.

Physical Organization:

Essentially it takes all the duties and chores then separates them into categories of daily, weekly, monthly and semi-annual. I started by listing everything from cleaning out drawers, closets, household chores, etc. then put them in those categories I mentioned above. I then wrote them out in a form beginning with daily chores like making beds, cleaning out the dishwasher, cleaning out hampers. I also added a quick 5 minute pick up of each major living space in our home, like picking up shoes, dirty clothes and fluffing pillows. This list is just part of getting ready for me in the morning and is done before I leave the house. The cool thing is that consistently doing this has become part of my kids lives too, and they have added things like their piano practice in their morning daily routines. Anyway, the weekly chores are then listed by day of what is convenient for our schedule and changes every year depending on our activities. Also, as my kids have grown, I have included them in on that weekly chore list as well. I usually select areas where we can work all together as I have found the job is more quickly mastered (and actually gets done) when you are there to guide them. I credit Donna Goff from Episode #91-92 for helping me see how that is a more effective, less frustrating way to accomplish the chore of getting your children to happily get the work done. I have also found a timer is an awesome way to let them know that chore time isn't going to last all day and it is fun for ALL of you to "beat the clock." It definitely makes cleaning and organizing more of a game! Then the monthly and semi-annual jobs can be added in on days that you're home with a little more time. Add simple cleaning, like one closet, window, drawer, or one small area. If it is done regularly, that one drawer, closet or area doesn't require too much time and is consistently being purged of clutter. Thus NO spring cleaning...

Recently I read an article relating that depression can stem from disorganization. A small job done or area organized also boosts our self-esteem as we conquer and celebrate small victories. Like I said, I am definitely not perfect at this and as our children and ourselves have gotten busier the monthly and semi-annual jobs get over looked far too often. I think I'll add a picture of our current list to show you how we have organized cleaning and give you ideas of what is on all those lists. It is more intense than most people think, so check out the PDF version on our website. But I want to hear your ideas of ways you have organized your chores so mastermind with us on March 26th...because we WANT TO HEAR YOUR IDEAS TOO.

After we organize our homes, we can talk more about spiritual organization..

Spiritual Organization:

Last month, I talked more about this in my spark and also with our mastermind on discussing what I'd learned from the book "Essentialism: The Disciplined Pursuit of Less" by Greg McKeown which is an excellent book by the way!

The points I simply want to reiterate on Spiritual Organization is that scheduling time everyday (hopefully first thing with your dailies, that I talked about last month) for meditation, prayer, spiritual study, journal writing...whatever your spiritual persuasion requires is so essential for better clarity, purpose and regaining focus on our personal mission and legacy. It helps us

prioritize our lives with things that matter most to us personally. Quiet, spiritual time is also helpful in keeping us healthy as well. When we start on the inside with organization it seems the outside is easier to organize...maybe I should have started there :)

Temporal Organization:

This may seem like a silly area to talk about but I think about temporal organization as scheduling time for your job, personal study or community time. Anymore, this area seems to take over my life as I have a difficult time saying, "NO", as it brings some personal satisfaction to me. I have started setting a timer for 30-50 minutes so I can intensely focus on my job or personal study time. It is said that tasks will expand to fill the time you give it, so if you don't set a timer you can find yourself half-heartedly working on things but if a timer is going then it adds focus and once the time is over, I move on to something else. It has really helped me be balance and presence in the moment. Maybe for you, your job has to take priority and it is the Physical Organization that needs more timed focus moments. Like I mentioned before, it works well with my kids and inspires them to help especially when they know that after a certain time they can do the things they want to do. As a family, we have learned to work on tasks together; we learn together, cook together, work together and have our own project time together. I am finding it is a great way to organize a family!

Anyway to sum up my thoughts on this Spark of "organization", for me, it comes down to organizing in the 3 areas of life as the physical organization needs to go hand-in-hand with the spiritual and/or mental and temporal organization. A scripture that is displayed in my house is:

"Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God" LDS Doctrine and Covenants 88:119

I love to study these words as really thinking about all those areas help to keep things in perspective for me. Although I love to be organized, being too rigid in cleaning and organizing cause me to lose perspective of the important organization and could cause relationships to be damaged and no clean house is worth that! As I said, I get this tendency from my father and he talks about how, as a little boy, he never saw any more of his grandmother's house other than the laundry room, as the cleanliness of her home was more important than the relationship with her grandson. That makes my heart hurt for all the lost learning and love. Part of my mission statement reads, "Remember that mothers are teachers, not servants" Teach in all things and have fun as you do it...that is my reminder to myself and advice to the young mother, as those children leave far too soon!

As part of living my mission more fully and really getting back to the "**WHY**" behind the creation of The Luminous Mind podcast, it is to help other people, especially moms. I had the vision of creating a large, world-wide community that mirrored my own supportive community. A community where we could ask questions, getting answers and advice from each other. I value the "ordinary" person's experience and advice at a greater degree than the "expert." SO TEACH ME! Join The Spark Mastermind, as we follow up with today's topic on a FREE, LIVE mastermind group on the 4th Saturday of this month, which is the 26th at 10 a.m. MST, through google hang-out. I am still learning on how to do masterminds, but last month the awesome thing I did learn is that it records to YouTube so join our YouTube Channel. I expect this to be a great resource to others as I'm sure everyone has different experiences. If you want read the

book I have been reading in preparation for this topic it is, "Out of Sight - Out of Mind: Declutter and Organize Every Facet of Your Life" which is written by: George Lucas , but if you know of a better one, get on and tell us about it! Remember, a mastermind is a fun, knowledgeable, interactive group who want to learn together! I'm not meant to teach but just facilitate the group...I WANT TO LEARN from YOU! As an incentive, I have some prizes left from our Anniversary give-away and I will award the first 5 people with the gift of their choosing from the GIVE-AWAY page on our website...so to close the mastermind sell I'm going to quote Proverbs 11:14 which says, "**Where no counsel is, the people fall: but in the multitude of counsellors there is safety.**"

To wrap this up, please remember that we grow through subscribers, downloads and reviews in iTunes and YouTube. It helps in booking guests so please keep that in mind. Please share with your friends and family, encourage them to listen and join our community.

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Video of Napoleon Hill Mastermind Principle:

<https://www.youtube.com/watch?v=LDHCoNnuqUI>

