



# THE Magic of Tidying Up:

HOW YOU CAN SIMPLIFY YOUR LIFE AND PRACTICE TO FIND MORE JOY - KATRINA SKINNER, MD, FAAP

KEEP PROMISES TO YOURSELF!

DO MORE OF WHAT YOU LOVE AND LESS OF WHAT YOU DON'T!  
WHAT'S YOUR SUPERPOWER?  
YOU CAN MAKE A CHANGE!

WHAT IS THE OPPORTUNITY COST OF WHAT YOU'RE GIVING UP?

THIS MOVIE SUCKS... BUT I'LL SEE IT THROUGH!

SUNK-COST FALLACY

FEEL LIKE YOU CAN'T SEE SOMETHING THROUGH

PERFECTIONISM

HARD TO TRUST AND LET GO

WHY?

I DON'T HAVE ENOUGH TIME!

THE JOY OF TIDYING UP - M. KONDO

- DOES THIS COMMITMENT REFLECT THE VISION OF MY FUTURE SELF?
- WHAT IS YOUR MISSION, VISION & VALUES FOR YOURSELF?
- DOES THIS "SPARK JOY?" (ALIGNED TO)

MAKE ROOM FOR WHAT WILL BRING JOY

4. LIMIT SCREEN TIME

1. FRONT LOAD

WHO'S "JOY" IS THIS?

DATE NIGHT

3. DELEGATE

2. AUTOMATE