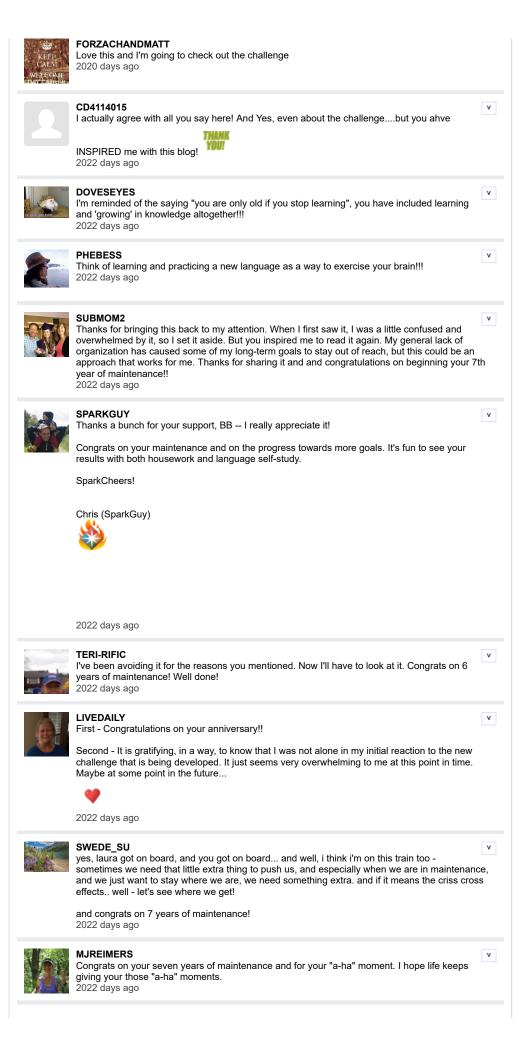


Note: Here's the link to the challenge in case you don't get the daily mail.

om/mypage_public_journal_i ndividual.asp?blog_id=6032197

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mber	Comments About This Blog Post I, too, hate housework and forced myself to join the Organized Life team because I finally convinced myself that I should not just join teams that I am already onboard with. :-) I added a 10 minute chore to my daily to dos, along with exercise and good eating goals, and I have not regretted it. I admit it is still the first thing to go if time is crunched, but it is soooo much better to do a little each day instead of looking at a filthy house until I feel overwhelmed and have to give up hours to make it decent again. No, it isn't spotless by a long shot, but better and a lot less stressful. Good exercise and healthy eating have become a joy. So far not happening with organization and housechores Hahaha But it is better. I am planning to join this challenge, too. New year is a great time to refocus. I have done less pen to paper this year and I miss that. I seem to waffle between my personal preference for writing by hand (it just feels more personal and thoughtful to me) and participating more electronically, which helps me be more a part of the community. So I am deciding how to organize this. Maybe a paper planner but a weekly blog?
	MARYJEANSL You have given me a bit of an 'aha' moment, too. I too hate, loathe, and despise housework; thus, it rarely gets done. Maybe I need to follow your lead! 2017 days ago
	MJZHERE Congrats on 7 years of maintenance! Always new goals - always "new challenges" as we are always works in progress. 2017 days ago
14	SWEETNEEY v Wishing you a healthy December. 2018 days ago
	HOLLYM48 Congrats on all of these successful years of maintenance! That is just awesome! I am following along and wading in a little bit with the new challenge. It certainly makes perfect sense! Spark on! 2020 days ago
	GINIEMIE Your initial reaction and follow up was better than mine. Mine was I don't have time for anything else now. I'm failing on tracking my food, I'm not keeping up with my paper work and now I'm falling behind in my steps. I guess I need an external motivation- a kick in the butt comes to mind-there is plenty of space to not miss that. I decided to answer this instead of doing what I should be doing, prepping for a lesson tomorrow. so for the rest of this Sunday, I will 1. prep for tomorrow's lesson 2. sweep up for the people coming over tomorrow 3. cut out a few Christmas gifts and stitch up 5 animals for the hospital.
	 4 ready my pills and coffee pot for tomorrow! 5. finish putting clean laundry away Maybe not in this order but it needs doing NOW!
	Writing this down and off to do it, now that I told someone else I would do some work. Thanks for your inadvertent challenge. I'm off to check some work off my list.
	2020 days ago
	Comment edited on: 11/29/2015 4:12:22 PM



The seal	MISCHAKEO It does look like an interesting challenge. I liked his comments about the criss cross effects of losing weight that affect other areas of your life. Congratulations on 7 years of maintenance. 2022 days ago	v
	PGBACK Hi, I had the same initial reaction as you, and I thought I would check it out more. I am still thinking about it, but I am definitely leaning that way. Have a great day. 2022 days ago	v
	CD2244567	V
	ONEKIDSMOM Oh, my your initial reaction to the e-mail was very similar to mine. The resistance of "I'm weary I do so much already do I really NEED this now?" Because I know darn well if I over myself with commitments, it's a recipe for burn out and failure. Sometimes the goal is to just ke going, because of what's on the plate right now.	
	But then Laura got on board. And now you I see a time, in the future when I'll get drawn i Because as my "a-hah" of the year has revealed, I should not let the fact that someone is recommending something STOP me from giving it a try, and reaping the benefits.	n.
	So it's on my list. For when I finish a couple of other things I have in progress! for beileader once again! 2022 days ago	ng a
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