JUST S.T.A.R.T. METHOD



S: SET A TIMER - 15 TO 20 MINUTES IS MORE THAN ENOUGH!
T: TIDY TOTE - STAY IN ONE ROOM. USE THE TIDY TOTE FOR ANYTHING THAT DOESN'T BELONG IN THAT SPACE
A: ASSIGN A HOME - HAVE HOMELESS ITEMS TO PUT AWAY? CREATE A HOME WHERE YOU WOULD LOOK FOR IT FIRST!
R: RUN YOUR BUTT OFF! MOVE LIKE THE QUEEN IS COMING!
T: TOUCH IT ONCE. RESIST THE URGE TO "PILE UNTIL LATER" AND INSTEAD PUT ITEMS AWAY IMMEDIATELY.