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# The Rainbow Unicorn

## The Myth of Reaching Perfection

By Heather Rogers

EXPECTATIONS ARE strong beliefs that something will happen in the future, or that someone will or should achieve something.

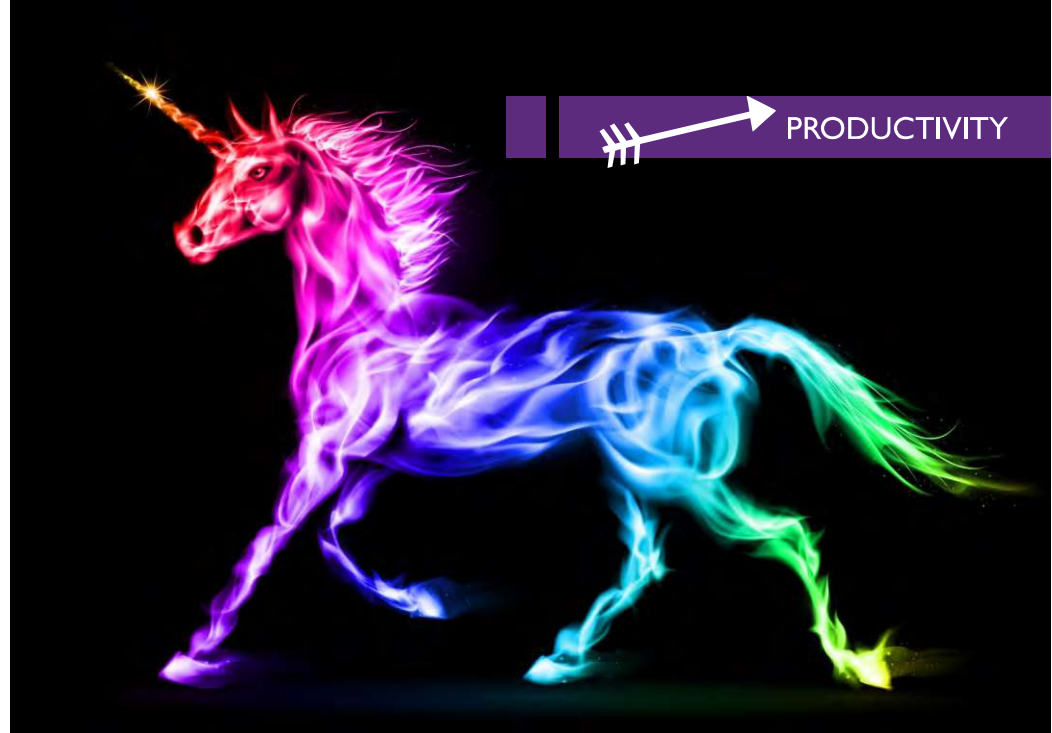
Expectations vary, but often most people have unreasonable or unrealistic expectations of themselves and others. The world would be a better place if people would lower their expectations a smidge. No one is perfect—no one!

Trying to find perfection in organizing is essentially the “Rainbow Unicorn” – it doesn’t exist. But being organized doesn’t need to be an unreachable goal. It means you are able to find what you need, when you need it. It’s about enjoying your space without becoming anxious.

### Are your organizing expectations realistic?

The website Pinterest allows people to post photos of beautiful places and things. This is akin to “regular” women comparing themselves to the latest supermodel on the cover of a magazine. Even if you had the same clothes and make-up, you probably would never look like that supermodel.

Having a photo-ready office or home



is an unrealistic goal for most of us. Instead of expecting your space to look perfect every day, make it beautiful by your own standards, not by anyone else’s.

### Organizing takes time

If you’re living with clutter or some other form of disorganization, wouldn’t it be great if you could snap your fingers or wiggle your nose and make the mess magically go away? Unfortunately that’s not possible.

Remember that it did not get this way overnight. You did not go to bed with an organized home and wake up to a cluttered mess. Do not expect it to disappear quickly. The process will take some time and attention.

### Goal setting

Do you have a vision of what you want your space to look like? When does this need to be finished? What would make your life easier? What area of your office do you avoid the most? Identifying these

goals helps you stay focused and motivated.

If your project will take a long time to complete don’t try to tackle your entire goal at once. It’s impossible to do and you may start to feel failure and quit too quickly.

The secret is to set small, attainable goals. Work little by little, day by day, and complete one task before moving on to the next.

### Determine your deadline and schedule

Set a reasonable time frame to accomplish your goals. Can you spare 1 to 2 hours each week of focused (cell phone, TV, and laptop off) time on your project? If so, that gives you 4 to 8 hours in a month to complete your goal. Mark your calendar one month from today as the deadline to reach your goal. Then block off time on your calendar each week to work toward your goal.

### Set a routine

As you work on your goal-oriented tasks, the routine becomes easier to accomplish each time you do them. After the first month, you won’t have to work so hard to see progress.

### Plan for obstacles

We are all busy and some weeks, especially around holidays, it’s more difficult to focus on your goals. Plan for those busier times and double up the week before or after. This way you won’t quit and have to start over.

### How to stay positive during a big organizing project

- Set small, attainable goals.
- Make a schedule to complete tasks in a reasonable amount of time.
- Carve out a few hours each evening or weekend to focus on your project.
- Invite a friend or family member to join you for support and laughs.
- Play fun, upbeat music while you are working.
- Check items off your list as you complete them.
- If you become discouraged, look back at the progress you’ve made so far.
- Take little breaks or switch gears if you become frustrated or upset.
- Reward yourself after you finish.

## The Rainbow Unicorn

### Reward yourself

Rewards are important to help you achieve your goals. Come up with some fun or special things you enjoy such as a manicure, date night, house cleaner, massage, hike, etc. When you complete your goal, give yourself a big reward. You deserve it! →



Heather Rogers is a professional organizer, owner of Simply Organized and author of *A Simplified Life*. She and her team specialize in helping people decrease the clutter in their lives, create a more organized environment, manage their time more effectively, and maintain calm in the midst of a busy life.

SimplyOrganizedYou.com • 404-825-2105

# SUPER MOMS

**Youngest  
Mother**  
**5.6**  
**Years**

**Oldest  
Mother**  
**70**  
**Years**

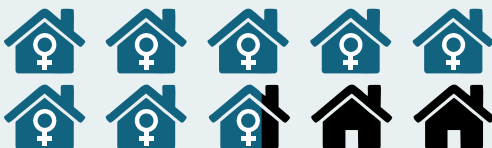
Unnamed Russian woman in 18th century gave birth to the most children

**69** 16 sets twins  
7 sets triplets  
4 sets quadruplets

Most babies born at once who survived **8**

**2/3** Single mothers who work outside the home

**70.8%** Families maintained by mothers in 2015



Sources: US Bureau of Labor Statistics and Pew Research Center

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