



IS THE K.I.S.S. FLIPPER METHOD for Home Organizing and Maintenance WHAT I NEED?

You have begun to take control of your house. You have gotten to the point where you want to keep it orderly and continue to upgrade areas. This *K.I.S.S. Flipper Method* of maintenance is designed for those who have achieved a certain basic level of organization in their lives using one of the methods developed by Messies Anonymous (www.messies.com) or some other system. It is a way to keep from drifting back into disorder. It is a way to move easily and continuously forward to the level of harmony in which you can function at your most efficient, your most gracious, your most satisfied.

We call it *The K.I.S.S Flipper Method* because we **Keep It Super Simple** by encouraging you to complete a few pressure free tasks each day using the cards you insert into the plastic sleeves. As you follow the plan, you will ease your way into order by focusing on a different area each day. Slowly but surely you will see the changes take hold.

Dare to dream in detail. Imagine what your dream house looks like; the surfaces are cleared up and shiny, the sun casts dancing shadows across the uncluttered floor, the kitchen counter is bare of extras. You will begin to enjoy your home in a way you have not been able to do before.

AM I READY TO USE THE K.I.S.S. METHOD?

That's what this is all about - fulfilling your dream. You don't need to be perfect by a long shot to benefit from *The K.I.S.S. Flipper Method* but if things are just stuffed into hiding helter-skelter into the nearest place, you need to keep working a while before you delve into the maintenance stage. However, if you are saying, "The house looks pretty good right now and things are stored pretty well; I sure hope it can stay that way and even make it look nicer" you have come to the right place. Now is the time to make that final change that will propel you into the consistent orderly way of life you are yearning for.

When a little bit is done each day

The clutter will just melt away.

Your home will become a welcoming and supportive haven. Whoopee!



HOW THE K.I.S.S. METHOD WORKS

1. NUDGES IN THE RIGHT DIRECTION

The activities suggested on each card are to keep you moving gently toward order and beauty in your home. Choose to do two, or four, or maybe more. Choose from any category. The choice of *what* to do is entirely up to you but try to do something in the area designated by the card title each day. Use just a few minutes of the time you would ordinarily be doing something else such as watching TV, playing video games, talking on the phone, or whatever captures those valuable moments when you could be moving forward in what is important to you -- creating a lovely home.

The K.I.S.S. Flipper Method will call to your attention activities that will add up slowly over time to create a harmonious and organized home.

2. HABITS

Because your organizationally successful friends are dedicated to taking good care of themselves by keeping the house neat, beautiful, and organized, they develop habits that make sure that happens. Some people seem to be born knowing these habits. Some learn them early in life. Some of us must train ourselves later in life because somehow we missed out on them early on.

The K.I.S.S. Flipper Method is designed to support the development of new habits that keep the household surfaces clear so that the house will be consistently nice looking and necessary cleaning will be assured.

The K.I.S.S. Flipper Method nudges you to keep on top of the man-made messes like laundry and dishes and to regularly attend to the environmental cleaning that is necessary.

WHAT CAN I EXPECT?

Do a little each day. Pat yourself on the back whether you do two, four, or more. Ease into order. Slowly but surely three things will happen:

- Your desire to maintain the beauty of clear surfaces will grow.
- You will begin to visually notice things that you had previously overlooked.
- You will develop a can-do attitude. New productive habits will begin to form.

In short, you will develop the following characteristics that are missing at this time.

MOTIVATION...You won't feel overwhelmed.

POWER...You will know you can do it.

ENTHUSIASM...You will want to clear those surfaces.

PRIDE...The house is your larger self. It reflects you at your best.

JOY...Happiness at what you see.

THE HEART OF THE MATTER

Real change occurs from the inside out. Create and follow the dream you feel in your heart. Challenge internal characteristics that may be a part of your present day outlook like procrastination, perfectionism, saving too many things, and trying to do too many activities.

The K.I.S.S. Flipper Method will help you because when you change **what** you do, you automatically tweak something internal. As you change how you think and feel about clutter and as your behavior reinforces those internal changes, your house will morph automatically from a place out of control to a home of harmony without your being under stress to make that change. Your commitment to the method will spiral you upward.

Nobody expects you to be perfect or even as neat as your Cleanie friends. But you owe it to yourself to put forth the effort required to change. As you change, the house will change. You will ease into that wonderful way of life called “organized.” In short, you will K.I.S.S. clutter good-bye.

