

# Think TINY

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## Challenge No 4



## Expanding Barriers

By Anita E Kohli

Thinking about each task of house work as a list of smaller tasks makes it easier to spot areas that can be changed.

- Change TINY.
- Choose something that is not visible.
- Change quietly until it's been done so long that it's the way it's done.

This will give you some level of freedom, as well as the space to work on any barrier of your own, if you have chosen to do so.

Tell your family about it or teach it to your kids, when you feel it's so settled that it can't be dislodged by any other family member.

I found it quite surprising when family members fixed in their ways and not generally open to change started to learn my ways. I attribute this success to working within comfort zones of the family.

### GOALS

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#### DIVIDE TASKS

Dividing large tasks into smaller ones helps fit them in our lives, spacing them as suits us. Instead of filling our lives.

#### SMALL CHANGES

This helps us change small things that don't push any boundaries. And this frees us, promoting a positive attitude to working for ease.

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