

CONTROL THE SMALL STUFF

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It's 8:05 a.m. You're already late. Your keys have disappeared, your shirt's wrinkled, and you've somehow lost your phone under a pile of laundry. You grab your coffee and rush out the door, promising yourself you'll get organised someday.

Sound familiar?

Life doesn't have to feel this way. The secret isn't more time or better luck. The secret is realising that you are in control and that you need to control the small stuff. Those tiny, daily habits that quietly shape your day can be the difference between chaos and calm.

Why the small stuff matters

The small stuff is what keeps your day from unravelling. It's the rhythm of little habits like putting your wallet in the same spot, planning your outfit the night before, doing a quick tidy before bed. These tiny habits create stability.

Each small action reduces decision fatigue, that mental drain from constantly choosing what to wear, eat, or do next. When you automate those minor choices, you free up energy for what really matters: your goals, your work, your wellbeing.

These habits are what psychologists call keystone habits: small actions that trigger positive ripple effects across your life. Making your bed each morning, for example, gives you an instant win. It's a simple act of order that sets the tone for the day ahead. Organisation is about freedom: freeing your time, your energy, and your mind.

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The Ripple Effect: small habits, big wins

When you master the small stuff, life begins to flow. You stop losing things. You leave on time. You feel calmer, clearer and more in control. These micro-habits don't just make your home neater, they transform your mindset. You start thinking ahead, planning better and showing up as the organised, confident version of yourself.

It's not about perfection. It's about systems that support the life you want. Every small habit is a vote for the person you're becoming.

How to start

You don't need to do it all at once. Start with one habit.

1. Pick one small habit. Choose something simple like always putting your keys in the same place.
2. Anchor it to a routine. Link it to something you already do ("After I brush my teeth, I'll lay out my clothes").
3. Celebrate the win. Notice how calm and capable you feel. That satisfaction reinforces the behaviour.

Soon, these micro-moments of control will become automatic. You'll realise that you're not **trying** to be organised, you **are** organised.

Try these in the next month.

- Take 10 minutes out of your evening to prepare for the next day. If you cannot spare 10 minutes, you've got a much bigger problem.
- Use simple systems that work with your routine. Don't overcomplicate things so much they become hard to stick with. More on that in the next article.
- Cut out the unnecessary stuff: the non-important meetings, the doom scrolling on social media, the social events you don't need to attend.