

get
your
SH*T
together

how to stop worrying about what you should do
so you can finish what you need to do
and start doing what you want to do

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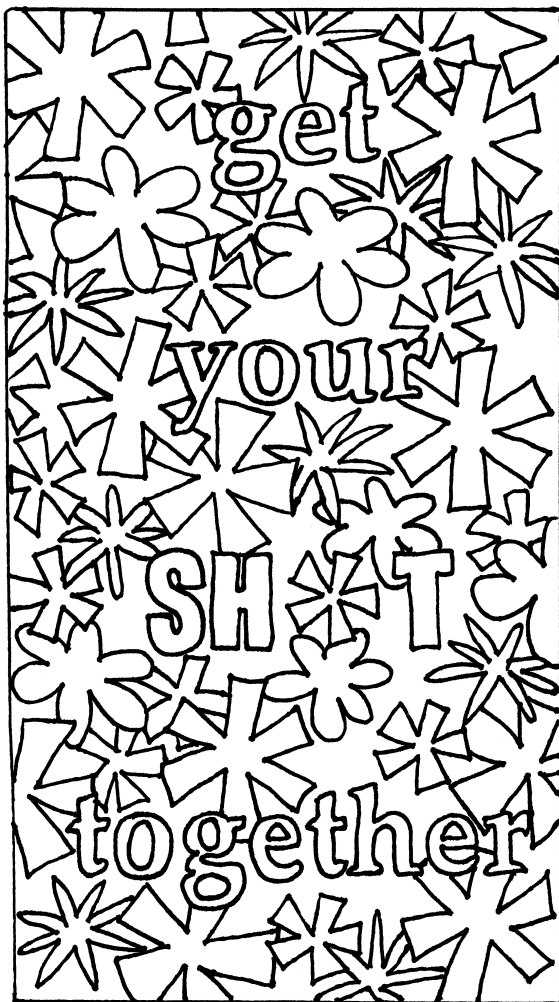
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GYST THEORY

KEYS = STRATEGY

+ +

PHONE = FOCUS

+ +

WALLET = COMMITMENT

SHIT + TOGETHER

TASK: _____

DAY	TIME	NOTES
Sunday	_____	_____
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____

*Things I did that weren't on my to-do list to
procrastinate doing things that were: a journal*

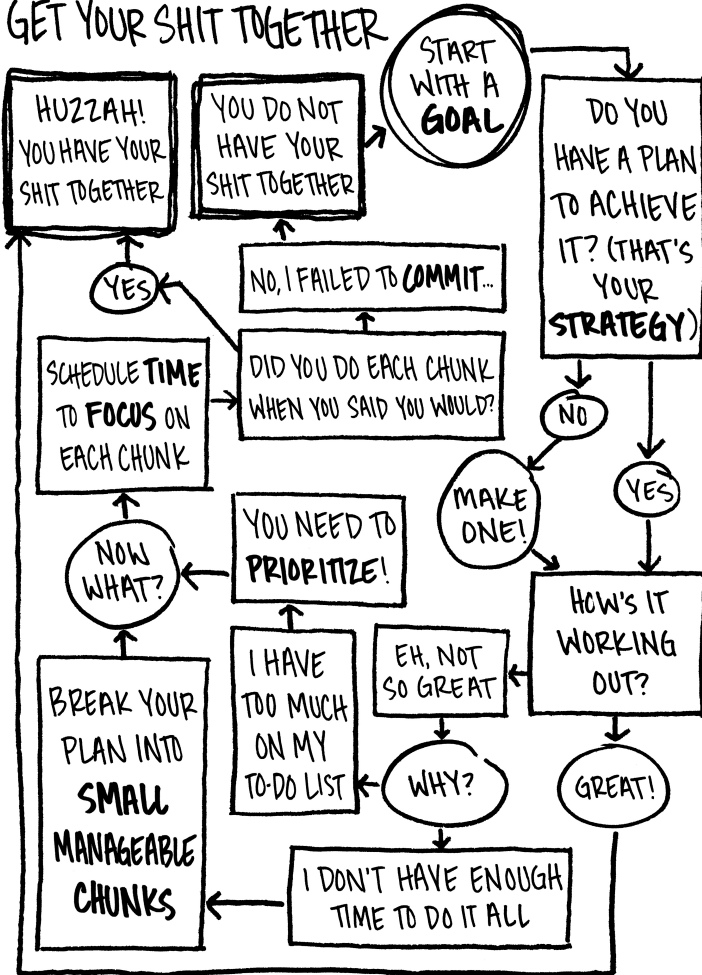
In case you're wondering, I'm not immune to this behavior myself; I just hide it well. In the spirit of solidarity, I give you:

*Ten things I've done that weren't on my to-do list to
procrastinate doing things that were*

1. Cut my cuticles
2. Researched various skin conditions I might have
3. Watched *Ocean's Eleven* for the fiftieth time
4. Engaged in fruitless political debate on Facebook
5. Folded someone else's laundry

6. Conducted a Tabasco vs. Crystal hot sauce blind taste test
7. Color-coded my ChapStick collection
8. Tried (and failed) to memorize the lyrics to "Nuthin But a 'G' Thang"
9. Practiced my James Carville impression
10. Kegels

GET YOUR SHIT TOGETHER



ALL THE SHIT I HAVE
TO DO AROUND THE
HOUSE

ALL THE SHIT I HAVE
TO DO AROUND THE
HOUSE, **IN ORDER OF
URGENCY**

ALL THE SHIT I **MUST**
DO AROUND THE
HOUSE

ALL THE SHIT I HAVE
TO DO AT WORK IN
THE FORESEEABLE
FUTURE

ALL THE SHIT I
HAVE TO DO AT
WORK IN ORDER OF
URGENCY

ALL THE SHIT I **MUST**
DO TODAY

SAVINGS CHART #1

\$1.00 / DAY

	CONTRIBUTES (STARTING AT CURRENT AGE)	ENDS WITH (AT AGE 65)	RETURN (FREE MONEY!!)
55	\$3,650	\$5,398	\$1,748
50	\$5,475	\$9,817	\$4,342
45	\$7,300	\$16,015	\$8,715
40	\$9,125	\$24,707	\$15,582
35	\$10,950	\$36,899	\$25,949
30	\$12,775	\$53,999	\$41,224
25	\$14,600	\$77,982	\$63,382

SAVINGS CHART #2

\$ 3.57 / DAY

	CONTRIBUTES (STARTING AT CURRENT AGE)	ENDS WITH (AT AGE 65)	RETURN (FREE MONEY!)
55	\$ 13,030	\$ 19,271	\$ 6,241
50	\$ 19,545	\$ 35,046	\$ 15,501
45	\$ 26,060	\$ 51,172	\$ 25,112
40	\$ 32,575	\$ 68,204	\$ 35,629
35	\$ 39,090	\$ 86,129	\$ 47,039
30	\$ 45,605	\$ 104,774	\$ 59,169
25	\$ 52,120	\$ 124,393	\$ 72,273

SAVINGS CHART #3

\$ 5.00 / DAY

	CONTRIBUTES (STARTING AT CURRENT AGE)	ENDS WITH (AT AGE 65)	RETURN (FREE MONEY!)
55	\$18,250	\$26,990	\$8,740
50	\$27,375	\$49,084	\$21,709
45	\$36,500	\$80,073	\$43,573
40	\$45,625	\$123,537	\$77,912
35	\$54,750	\$184,496	\$129,746
30	\$63,875	\$269,995	\$206,120
25	\$73,000	\$389,912	\$316,912

SHIT YOU COULD
HIRE A PROFESSIONAL
TO DO, SAVING
YOURSELF THE
AGGRAVATION

SHIT YOU
COULD DO
INSTEAD

→ Wash your car

Clean the gutters

Mow the lawn

Paint the deck

Make some lunch

→ Clean the gutters

→ Mow the lawn

→ Paint the deck

→ Make some lunch

→ Wash your car

Twelve steps for defeating perfectionism

1. Admit that, unlike the 1972 Miami Dolphins, you are powerless over perfection.
2. Believe that a power greater than you can help restore you to sanity.
3. Make a decision to turn your will over to the care of a lady who curses a lot.
4. Take a fearless inventory of your to-do list and then ruthlessly reduce it to a must-do list. Then go get some ice cream.
5. Confess to the exact nature of your perfectionism — but don't be too exact.
6. Be entirely ready to almost banish perfectionism from your life.
7. Humbly inquire of someone else whether you are, in fact, being ridiculous.
8. Make a list of all persons harmed by your perfectionist tendencies and be willing to apologize for being such a fucking stickler.
9. Make direct amends, except when you were totally right to be a stickler because otherwise your team never would have won the International Sand Sculpting Championships in Virginia Beach last year.
10. Continue to take inventory of your actions and make a mental note each time the world does not end because you failed to be perfect.
11. Improve your conscious understanding of giving fewer fucks and getting your shit together, referring as needed to the “bibles” in these fields.
12. Carry this message to other perfectionists; just don't be an insufferable prick about it.

G Y S T B I N G O

S	M	T	W	T	F	S
#	👣	🕒	🤪	☀️	➡️	👤
🕒	➡️	♥️	#	🚫	👣	☀️
👣	☀️	☀️	🚫	➡️	☀️	♥️
☀️	♥️	👣	*	🕒	🤪	#
➡️	🕒	🚫	☀️	👣	👤	🚫
👤	☀️	☀️	👣	♥️	#	🕒
🤪	👤	➡️	♥️	#	🕒	👣

SAVING / NOT SPENDING

🕒 BEING ON TIME

👣 ONE STEP TOWARD GOAL

☀️ PRIORITIZING

🚫 CONTROLLING AN IMPULSE

➡️ DELEGATING

♥️ BEING SELFISH (GOOD WAY)

☀️ EXERTING WILLPOWER

🤪 NOT LOSING YOUR MIND

🚫 NOT BEING AN INSUFFERABLE PRICK

Have fun, I won't tell anyone.

_____ is really disorganized.

_____ is perennially late.

_____ says "that's just how I am," as though that's a valid excuse for always being late.

_____ can never seem to keep a promise.

_____ is in a bad relationship.

_____ is so irresponsible with money.

_____ always talks about starting a diet or workout program but never follows through.

_____ is so paralyzed by perfection, he/she never gets anything done.

_____ puts everything off until the last minute, then does a shitty job at it.

_____ is impossible to pin down/never commits to anything.

_____ is always spending money he/she doesn't have and is therefore always broke.

_____ complains about his/her job constantly but never looks for a new one.

_____ doesn't take care of him/herself and wonders why he/she feels gross all the time.

_____ 's messy home is basically a reflection of his/her messy life.

_____ is so overcommitted, it would be comical if it weren't so sad.

_____ is terrible at responding to emails; it's like they go into a black hole.

_____ keeps doing the same thing over and over, expecting different results.

Now, you're going to stand in front of a mirror and instead of reciting the name of your friend (or family

member, colleague, neighbor, or acquaintance) aloud, you're going to substitute **YOUR OWN NAME**.

Every time you experience a twinge of brutal recognition, that's self-awareness. Circle those answers. Meditate on them. **Become the self-awareness you want to see** in your friends/family/colleagues/neighbors/acquaintances.

Congratulations, _____, you just got one (or more) steps closer to winning at life.