

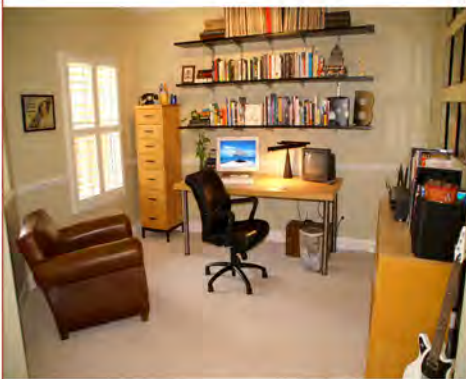
SIMPLY ORGANIZED

**Got Clutter? It's not Inevitable!!!
Become a De-Clutterer!**



Cheryl Spater
Organizing Specialist

Become a De-Clutterer!



After 15 years in the field I still have clients who call me “on overwhelm” yet again. I offer what I call a “tune-up”, and they are in control once again. For those of you who struggle with getting and staying organized this article will give you suggestions to help you keep yourself clutter free.

The Top 5 Reasons For Clutter

1. Too Much Stuff

Many people just have too much stuff they don't want to part with during the initial sorting and purging process. I think this is why Marie Kondo's book has been such a success since it forces people to take everything out of “like” and really look at what they have. If you part with only a few items and put most of them back, you are basically just rearranging and making no room for future growth in your life. The new items will just get crammed in and will bury those items you couldn't bear to part with. You need to decide how to keep the items that work for you. Ask yourself, “Where or when would I use this?” Then dedicate a space for the “must” items. The General rule is: **WHEN SOMETHING COMES IN, SOMETHING MUST GO OUT.** Think about where you will store a new item before you bring it into your space. Always remember, your clutter is someone else's treasure.

2. Too Many Commitments

Once you have sorted, purged and reclaimed the space you want you can't just ignore it. Maintenance is the key to systems you have created. If you start slacking, the clutter will creep in once again. Set a scheduled time for your organizing maintenance. **YES**, it's an appointment with yourself! No phone calls, emails, texting - this is an appointment. You would not answer your phone while paying for professional services, so take this seriously. You have to take some of your less important commitments off your plate. Prioritize and delegate things on your to-do list to make time for organizing. If you are running yourself ragged committing to things that don't give you enough time to maintain your organized space that you've worked so hard on and invested time and money to achieve, you **cannot** remain clutter free.





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The Top 5 Reasons For Clutter (continued)

3. Storing Items For Adult Children

Not only do people have too much of their own stuff that they keep stored in their own home, but it now seems adult children are leaving things behind at their parents' homes. They don't have room for the items but can't bear to part with them. If you keep their things, you are enabling your children to keep clutter and put off decisions they need to learn to make. Add this to all the things you may save for your children because you think they may want it someday. If you are sentimental and wish to keep your child's memories, I suggest creating a memory box. ONLY one box! If it gets too full, you must purge some items. I have found clients that have saved everything only to find their grown children are not interested. Keeping your children's stuff to one box makes it more manageable for your adult child to actually want it.

4. Refusing to Part with Inherited and Sentimental Items

At some point we all have to address the sentimental items someone we love has passed to us. Whether it's wedding china from grandmother to the 7 foot mahogany desk that belonged to your Dad, you still have to process through these items to see if they fit your lifestyle. If they don't, they become clutter. Yes, you can hold onto things and see if you might need them someday. Rent a storage unit to put things in until you have time to decide. You can even try to cram it into your own home. Does this sound like a space you'd like to come home to? Ask yourself these two questions:

- * Are you actually sentimental about the item(s), or do you think the person who gave them to you thought you were and you ended up with them? If so, you are in no way obligated to keep them.
- * Does this item fit into your life, physical space, and emotional space right now? Even if you are sentimental about the item, if they don't fit in your life right now, it's ok to find them a new home.

5. Not Asking For Help Before Getting Overwhelmed

Fighting clutter is a process especially when you have one or more of the above situations going on. It's so important to recognize:

- *feelings of shame about the new clutter
- *regret you couldn't make a system you set up work for you
- *wishes that you could part with things on your own



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Shedding Your Clutter

You may need help to get motivated. If you have worked with family or friends in the past, you may need to ask for their help again. If you hired a professional organizer, you may need a “tune-up”. You can tell them you tried but the original system is not working for you. It’s okay! We professional organizers can set up another system based on your newfound suggestions and what we see going on in your life right now.

Does this article resonate with you? I’d be happy to move you forward with your organizing challenges since my business is about creating solutions that fit your lifestyle in the home, office, relocations, and more.

Happy Organizing!

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*Creating control
in the home and office*

