How to Organize

By Dr. Wanda Merical, DHH

Need to Organize your Life?

There's nothing worse than trying to improve your way of life when you have piles and piles of stuff laying around preventing you from concentrating on your next move. Where do you start? How do you start?

Here I will provide you with some very basic designs that will help you get started.

Step 1:

Pick one area within your life that needs the most help. (Here we will pretend it's old clothes.)

Step 2:

Separate your old clothes from the clothing you wear every day, on special occasions, and off-season that you will wear again.

Step 3:

Create a special space for sorting and a different container with a label for different items. For example: 1) Men's clothing, 2) Women's clothing, 3) Men's shoes, 4) Women's shoes, 5) Teenage clothing, 6) Teenage shoes, 7) Young Children's clothing, 8) Young Children's shoes, 9) Baby clothes, and 10) Baby shoes. Don't forget to create a "Trash" container.

Make sure your sorting area will not come into contact with clothing your family will be using later.

Step 4:

Don't run through your house just grabbing everything and piling it up first. Gradually move from one room to another gathering up old clothing and placing it in the proper container. This will keep your sorting area clean and neat.

Step 5:

Once all clothing has been sorted you can now decide which items can be sold, donated or thrown away.