



Hello, Friends!

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Jan 2020 -No Backsliding For Me!

This is the year you promised yourself that you will take care of your organizing needs and not have to spend weeks organizing. This is a great way to kick-off a new year!

In our industry, we call it "backsliding" when people get things organized and then, the next month, they have to organize those items again. It seems some people have to organize the same items over and over again.

Let's concentrate on these areas for this first month of January. Then, next month you can add another area of your home. Soon you should realize this feels natural, as you make it a good habit. Here are five areas I've chosen to help you:

Keys, briefcase and shoes: Buy or make a key organizer. It's a great way to always know where your keys are because you've established a home for them. I know now some of you just keep your keys in your purse, if you have a push start technology in your car. That can work, too, as long as you know where your keys are always.

Now deal with your shoes and place them right away in your closet or shoe organizer. Your briefcase should be placed by your door the night before so you aren't searching for it in the morning. After all, we know mornings are the most hectic time of the day.

Handle Paperwork: Place all your mail together on a plate or shallow basket near your entry door. Try to recycle all your junk mail and not have it even enter the house. That'll get rid of 80% of your mail and keep your mail pile (notice I said pile and not piles) much more manageable. Then once a week, set aside 30-60 minutes to go through your mail to pay bills and file things immediately. If you need more guidance, send me an email because I wrote a newsletter back in February, 2014 that talked about handling mail smartly.

Label Your Home: Talk to your family about where things belong and get their input. If they are involved in the process, studies show that they're more likely to keep the process. Don't be afraid to label your pantry into different categories such as snacks, pasta, rice, soups or whatever other contents you may have in your pantry.

Many years ago I even labeled the inside of my fridge shelves! That way, when family and friends visited, they knew where to put away the salad dressing. Then, it would make it easier to find these items the next time we were looking for it. Plus, before I head to the grocery store, I could peek in my fridge and look at the different categories and see what was running low.

Shopping Hints: Ask yourself "do I really need this or might I have something at home that can satisfy the need?" A lot of research has shown that millennials have a better control on this topic versus baby boomers. Let's simplify your life — shop less! Your bank account will thank you.

Tidy up: Spend 15 minutes to tidy up right away, after you work on each task. Put the paperwork away, along with your writing utensils, computer, etc. We overlook this step often, but the next time you look into that room, it will be properly organized — and you'll feel better. Some of you might have heard of the website www.flylady.net — she always suggests you go to bed with a clean sink. That way, you start your next day on the right foot. That is sound advice.

Experts have seen positive results too, if you have an accountability partner. So ask a friend if they want to walk (and clean!) with you on this organizing journey for 2020. And then, you'll have someone to help celebrate your accomplishments!

Best wishes for 2020 — and if you need some organizing help, just pick up the phone and call me at 810- 348-1772.

I will also be presenting Thursday, Jan. 9, 2020 at the Northville District Library from 7-8:30pm - Organize Your Life. To register <https://northvillelibrary.org/calendar.html>

Your local professional organizer,

Betty Huotari

P.S. If you would like to share this email with a friend, please pass it along. If they would like to be added to my list, have them send me an email. If you wish to unsubscribe from my monthly newsletter, please send an email to betty@logicalplacement.com.

