

JANUARY IS NATIONAL GET ORGANIZED MONTH!

Yes, an entire month devoted to starting the year off right, turning over a new leaf, and making changes to reduce the stress in your life.

Part 1 – Making the Decision to Get Organized

One of the favorite four letter words of those who are mired in a mess of clutter and disorganization is “HELP!” Right after that call for help, they add, “I’m overwhelmed, I’m frustrated and I don’t know where to start!”

- According to a study conducted by a Boston marketing firm, the average American burns 55 minutes a day – roughly 12 weeks a year looking for things they know they own but can’t find.
- 80% of clutter in most homes is a result of disorganization, not lack of space.
- The U.S. Department of Energy reports that 25% of people with a two-car garage don’t park their cars in it because they have no room.

January is, of course, the start of a New Year, a time to clear out old bad habits and start to develop new good ones. This is when people traditionally make New Year’s resolutions. Getting organized is one of the top five resolutions made each year.

Why do people want to get organized?

Some of the benefits getting organized can bring to your life are:

- Saving time
- Saving space
- Saving money
- Less stress
- Greater productivity
- Better relationships
- Better satisfaction with life

Many people are looking to lower their stress level and regain the time lost searching for things they can’t find. People get tired of feeling as though their environment is totally out of control. They are weary of the chaos and mess surrounding them.

Take this quick quiz and see if you feel you need to improve your organizing skills:

1. Have you ever been late paying bills because you couldn’t remember which pile they were in?
2. Do you own 10 pairs of scissors (or more) but you can never find just one when you need it?
3. Do you have a room in your home where no one goes because of the clutter?
4. Do you spend more than 30 minutes a day looking for your keys, glasses, cell phone, etc.?
5. Do you have a closet you don’t open because of the avalanche of stuff you’d be buried under?
6. Do you have at least three different sizes of clothes in your closet that you haven’t worn in more than 2 years?

7. Do you have to move a pile of stuff so your visitors will have somewhere to sit?
8. Are you embarrassed to have anyone come into your home unannounced?
9. Have you lost vital information (such as a birth certificate or passport) that was time consuming and expensive to replace?
10. Do you procrastinate on just about everything?

If you think you are an organizational failure, don't feel so bad, many people are in the same situation. They have not yet found a gene in the human DNA devoted to organizing your possessions or being an expert at managing your time. Organizing talents are not hereditary but they are an attainable skill you can develop to become more organized to reduce harmful stress.

It's all a matter of changing your mind and your habits.

You already own the most powerful organizing tool you will ever need. I am not referring to all those plastic bins, boxes and baskets you have in your home. You don't have to download software or purchase special equipment. The powerful tool you already have is your brain! The decision to become organized has to start with you. When you make up your mind to change your situation and you start to visualize what you want your environment to look like, those changes will start to occur.

Each week in January, I'll be going over tips and information to help you start on the road to getting organized. Join me next week when the topic will be Organizing 101 – The Basics.

Don't find yourself saying, "I've got to get organized!" again. Make 2007 the year you set a new goal and develop a plan to change your life. Simplify and reach your goals with help from S.O.S. Please check the calendar at www.organizeclutter.com for classes in the area and information on the clutter support group starting in January as well as the next scheduled Simply Organized three hour seminar.