



## For Peace of Mind, LLC

Professional Organizing for home and office

### Spring Clearing

Spring Clearing is about clearing out the things you no longer use and while you are in there, cleaning out the space as well. It is a time to take inventory of your home and the contents. Are the rooms and the items still relevant to your lifestyle today?

This all out clearing frenzy can take place any time of year; however, spring is the ideal time because we tend to find ourselves more energized by the brighter, warmer days.

One great place to start is your windows. Washing your windows helps to bring clarity to all aspects of your life. If the weather isn't cooperating yet, at least clean the inside of the windows and the screens. Make a note to tackle the outer side on a brighter day.

After cleaning the windows in a room, sit for a moment and really see the room and its contents. Does this room serve you well? Is it used on a regular basis by someone? If so, terrific! Is everything relevant, clean, and useful? What needs attention? When was the last time someone really reviewed the contents of the closet, under the bed, in the cabinets and drawers? Take some notes.

If this room is not utilized regularly, ponder that. How might it serve a better purpose? Think outside the box. Be creative. Have you been dreaming of having your own home office or a place to practice yoga and meditation? Could this be a playroom so you can get the strewn toys out of each kid's bedroom? Again, jot some notes.

Now come up with a plan. Who can help you with your Spring Clearing? Invite family, good friends or a Professional Organizer to help with your project. Will everyone work together in one room or will you delegate specific rooms to others? Can this be done in a weekend or one room a day until complete? Set a time frame and plan a special event to celebrate at the end.

If you are working one room at a time, I would recommend that you start at the top and work your way down. Open the windows, even if just a crack, while working in that space. Let in the fresh, renewing air. Think about this room's purpose and what it should contain to support that purpose. Bedrooms are for rest and relaxation. Only those items that support that purpose may stay. The garage could be your zone for lawn, garden, sports, overflow pantry, temporary holding space for items being donated, etc.

Touch everything. It can stay if you answer yes –

- I use this.
- I love this.
- This serves the room's purpose and I know to find it here.

Use several boxes as you work – “Trash”, “Recycle”, “Elsewhere in the House”, “Elsewhere in the World”. Keep working in that room. If it does not belong in this room, then place it in the appropriate box and keep working.

Be honest with yourself. Donate clothing that makes you itch or uncomfortable or no longer fits. If you love a skirt but never wear it because you don't have a great blouse to pair it with, put the skirt in your vehicle to take with you when you go shopping. Love the skirt but it is too big or needs a button? Will you do the repair or will you find a seamstress to put this article of clothing back into service? Be honest with yourself and note this action on your calendar. If the answer is neither, donate it.

When you have completed a room do a good cleaning – dust, vacuum, use fresh linens, etc. Now keep it this way while you work through the rest of the spaces. Do not allow any clutter to build up behind you. As you come to the end of your project, did you find items that have no home anywhere? Find a 'zone' so that in the future they have a home and you know where to put them – crafts, reading materials, luggage and totes, etc.

If you live with others, make sure that everyone gets a tour of the newly organized spaces. If need be, create a list of zones and keep it where everyone can see it:

- Games in den cabinet
- Luggage and travel items in spare bedroom closet
- Candles and lighters in dining room chest
- etc.

A Professional Organizer will help you to see your spaces anew. Bring order to your home this Spring. Get help with your system today. Call (860) 608-0451 and schedule an assessment. For more information visit our website at [www.forpeaceofmind.biz](http://www.forpeaceofmind.biz).