



Space and Time, L.L.C.®

Betsy Peterson, Professional Organizer
207-7295 bpeterson@space-and-time.com
PO Box 4325, Oak Ridge, TN 37831

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Did you say fun?

Most people who struggle with the concept of trying to get better organized lack sufficient motivation and dread the thought because they are overwhelmed. If you have ever tried the, "Go clean up your room!" command with a family member, young or old, it usually doesn't have too much of an impact or cause the desired outcome. Typically a cause and effect (what's in it for me?) or a let's make it fun approach has a more positive outcome. The command "Let's have a race and see how many toys we can pick up before the bell goes off!" or "If we get all of our clothes up off of the floor we can play a game!" command can actually create motivation and action. This same ploy can be used on ourselves and adult family members. Creating rewards, definitive goals and making it a fun team effort, can have positive results.

- **Team work!** Don't go it alone. Have someone help you get started. I had a client that swapped closet purging time for garden clean-up time with a friend. If you want to de-clutter or de-junk, get the family to participate. Jason Rich suggests that you not make organizing and cleaning an ongoing personal crusade. He encourages readers to solicit the help of the people you live with and insist on their support to maintain your efforts. Teaching the people you live with to help sort, clean up after themselves and put items back will help to maintain your organizing efforts. So make it a fun, maybe even competitive activity.
- **Rewards!** Say to yourself, "If I get rid of the piles of magazines all over the floor, I can treat myself to a cute new basket from the home decorator store to put the current ones into." If you crave a cleaned out garage, try saying to your spouse, "Honey, if you help clean out the floor space in the garage, you will have a space for that motorcycle you have had your eye on." (just kidding)
- **Music!** Background music can help to stay motivated and should be suitable for the task. Maria Garcia suggests soft instrumental for sorting papers and something to sing along to for the big tasks. I suggest you pick whatever gets you going.
- **Color!** There are some wonderful products that make filing, storing and categorizing more attractive, efficient and fun. A trip to the office supply store

can be like a trip to the candy store. Choose colored files for your household papers. Each category becomes a color, such as; red for finance, green for household, yellow for medical, etc. Have you noticed lately that large storage bins no longer come in only blue and green? Although “designer” storage is all the rage, you can find some very fun, reasonably priced organizing and storage products for just about everything. How fun is that?

- **Instant gratification!** Choose a small task like a drawer or one shelf and de-clutter and organize that one spot. It is fun to be able to step back and admire your work and it will give you incentive to move on. Don't look for perfectionism, simply choose a small space and see how you like the area free of clutter. If you clear a floor area in your kid's room, use that space to play a game or fun activity. Mini completion points will provide a positive visual and psychological outcome.

I would encourage you to give it a try. If you have been procrastinating and dreading the ever present need to be better organized, crank up the music, recruit a friend or family member, set the challenge and begin. If the actual purging and sorting and picking up doesn't prove to be a whole lot of fun, the space, freedom, and satisfaction you experience when done sure is!

About the author

Betsy Peterson is a local professional organizer and owner of Space and Time, LLC. She is a member of the National Association of Professional Organizers (NAPO) and specializes in home and office organizing and staging. She can be reached for questions at 207-7295 or by e-mail at bpeterson@space-and-time.com.