

Notebook

from Page F9

me what to keep or throw away.”

The best thing an organizer can do, according to Murdock, is help a client create a system. Having a system in place – be it for dealing with junk mail, getting the kids to put away their toys or keeping the refrigerator clean – increases the odds that the house will stay tidy long after the organizer has walked out the door.

For some, the biggest roadblock to getting organized (or getting in shape, for that matter) is simply getting started. “I often hear, ‘I know what to do; I’m just not doing it,’” she said. When motivation is the issue, an organizer like Murdock can often help.

But don’t expect miracles. Television shows may suggest that a home can be decluttered in a matter of hours, but Murdock said this is not realistic. “It’s very similar to

TIPS ON GETTING ORGANIZED:

GET STARTED

If you have trouble finding a place to start organizing, pick the area that causes you the most stress, such as your kitchen junk drawer or your bedroom closet. If you can’t pick a spot, start with the place where you enter your house – your entryway, garage or porch. Eliminating the stress you feel upon coming home is a great motivator to keep going.

WAIT TO BUY

It’s tempting to motivate yourself by purchasing a ton of organizing

supplies and containers. But hold off until you finish purging excess items. Otherwise, you’re almost sure to purchase things that you won’t need.

LETTING GO

If it’s tough to part with an item because of its sentimental value, take photos of it first. If you feel guilt over a poor buying decision, remember that keeping it is like holding on to shame and guilt. Give the item to someone who can use it and enjoy the peace of mind that comes from letting go.

weight loss, where people want it to happen quickly,” she said. “But if it took ten years for your house to get cluttered, it’s not going to go away overnight.”

On a positive note, Murdock believes that the surest

way to get organized – or get in shape – is to finally get started, and then stick with the program.

Contact Jeanne Murdock at BeanFit by calling 226- 9893 or visiting www.beanfit.com.