

Laura Patterson, Professional Organizer & Life Coach

Empowering you to reach your "Someday" goals!

Major life changes can create clutter!

If you have experienced a birth, death, or move in the last year it is not unusual for things to start piling up! Here are some ways to keep these changes from cluttering up your life:

Birth:

After the baby arrives you just need time to adjust. Everything is new, your sleep and eating patterns, your ability to claim time for your self and the amount of things coming into your home. Babies grow so quickly that it is not unusual to have items of all sizes and developmental levels even before Jr. ever arrives. Sorting clothing and toys as they come into the home is essential to maintaining order. Figure out how much space you are able to dedicate to storing these items and choose organizing supplies that fit that space. When the dedicated space is full start trading up, keeping only the best toys and clothing that fit into your space. You can often re-sell or donate unwanted items so they have life long after your little one has out grown it. In Humboldt County visit Lots for Tots or Recycled Youth for more information.

Death:

A sudden or expected loss can leave loved ones reeling. Not only are you in the midst of grief but you now are left to deal with a collection of belongings that hold both monetary and sentimental value. It can be difficult to go through these things and to decide what to keep, sell, donate or trash. Often times we delay taking care of the belongings because by holding on to it we believe we are holding on to a piece of that person.

You can hold onto the memories with out holding onto everything:

- Choose items that you will use regularly that make you feel like the spirit of the person is still there. When my Mamaw (southern Grandmother) passed away I kept her cutting board, hot pads, and flower pots. These items represented what I loved most about her, her cooking and gardening ability. I know when I use them that her spirit is right there with me in the kitchen and it makes me smile!
- Take photos or swatches of items you are getting rid of and create a scrapbook. Next to each piece you can write a special memory about your loved one.
- Donate belongings, or the proceeds from the sale of the belongings, to organizations your loved one believed in.

Moving:

When moving to a new home or office it seems difficult to find time to incorporate all your old stuff into the new environment. You want it to stay clean and new so you put off unpacking those boxes, especially the ones that got packed last minute and have a little bit of everything in them. Sometimes it seems easier just to buy new things and forget about the boxes all together. This is the time to review what is really important to you and what you wish to surround yourself with. Figure out your theme for the new space.

- Keep only items that you love that fit in with your new theme/décor
- Schedule time with yourself, or an organizer, to go through ___# of boxes each week.
- Use the proceeds from selling your unwanted item to invest in a special piece that defines your willingness to move forward.
- Only hold on to items from the past that support your highest ideals and vision for the future.

Someday Services

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