

ORGANIZING FOR WHAT MATTERS MOST

by Tanner Clark



My work as a home organizer often takes me into kitchens, closets, and storage spaces, but I believe a truly organized home also nurtures well-being. This month's article encourages you to focus on organizing spaces that support your values, priorities, and the things that, simply put, make you happy.

Start With What Matters Most

Ask yourself what truly matters most in your daily life. Does your home currently reflect that? Take some quiet time to identify your top priorities. It could be family time, a hobby you enjoy, your personal well-being, or a creative outlet you'd like to pursue. If you are struggling to select an area of focus, try sitting down with family or your partner to make a list of activities that you want your home to support. This list will guide your organizing decisions.

Create Space For Family

If family time is a priority, focus on areas that foster this and strengthen your relationships. You might start by creating a game area. Gather games from closets and declutter outgrown, or overly complicated ones. Intact games without missing pieces can be donated to a local library, donation center, school, or community center. Then identify and clear out a cozy corner free of distractions for a weekly game night.

Organizing for Hobbies & Passions

Is there a hobby or passion you have not been pursuing lately due to a lack of space? Start by decluttering the supplies

that you need. That might be craft items, baking tools, gardening supplies, books, or workout equipment. Then carve out a space to work on your hobby and also a place to store "works in progress" and the materials needed. Once those spots have been identified, protect them. Engaging in hobbies and passions fosters a sense of purpose, reduces stress, and allows for self-discovery and growth.

Decluttering for Well-being

Dr. Joseph Ferrari, Professor of Psychology at DePaul University, says, "Clutter can act as a chronic stressor, contributing to feelings of anxiety, overwhelm, and even depression." I've seen this in so many of the homes that I visit. Let's pinpoint some areas that you can declutter to alleviate stress. First, an organized bedroom promotes relaxation and restful sleep. Clear off bedside tables, declutter your clothes, and invest in smart storage. Home offices are another area that quietly cry out for organization. Give yourself the gift of a distraction-free workspace by tidying up files and implementing time-management systems that work for you.

Prioritizing Travel and Adventure

For some, exploring new horizons is a priority, yet travel plans and gear can quickly create clutter. Let's design a launchpad for your adventures! Start by gathering all travel items (suitcases, backpacks, documents, etc.) in one place and decluttering any unsuitable items. Then, create designated storage solutions, such as vertical storage for suitcases and accessible systems for travel essentials. An organized system will save time and reduce stress, fostering the spontaneity and excitement of travel.

Ultimately, organizing isn't just about tidying; it's about creating a home that supports your best life. By prioritizing what truly matters, you can transform your space into a source of joy, connection, and well-being. If you're ready to take the next step in creating a home that reflects your passions and priorities, we're here to help!

Product of the Month



Stackable Drawers

Organizing for hobbies, board games, travel accessories, or office supplies doesn't mean having to buy expensive furniture. Stackable drawers like these by "Like-it" can be arranged in whatever configuration you need. These are available in several sizes, and the translucent design allows you to see what is inside. Smart solutions like this make our organizing hearts happy!

click the image for details

Reclaim Your Time...



and reduce stress by organizing for what matters! Real Organized LLC creates functional and beautiful spaces that support your passions and bring more of what you love into your home.

Ready to get started?

Email us for a consultation:
tanner@realorganizedllc.com

RealOrganizedLLC.com

jill@realorganizedllc.com • 603-498-1526
tanner@realorganizedllc.com • 603-512-8511