

STEP 1: *Remove*

I believe that you can't truly organize without placing your hands on every single item in the space. As crazy and overwhelming as it may seem, by the end of the organizing process, you'll be glad you did this. Yes, you're making a mess in the process, but there's a method to the madness, I promise! Stay with me!

Remove all the items from the room or specific space that you are organizing. Empty all drawers, cabinets, shelves, and take everything off the surfaces. Place it all in a pile in the center of the room. Depending on the size of the room and the amount of items in it, it may be best to use a separate room nearby.

WHY?

It's really hard to imagine the options you have for organizing your space if you can't see the bare bones of it amongst all the clutter.

1. Removing every item from the space allows you to start with a blank canvas to envision the possibilities for this soon to be ordered space. You will be able to see the space that you have as if you just moved into the home and have a clear mental space to begin thinking about how you might want to arrange items back into the space.
2. You'll be able to see what you actually have. Organizing is about functionality and being intentional. Simply shifting items around doesn't give you a full idea of all you have. Having the items laid out in the room brings you face to face with all of your possessions and clutter. I can't tell you how many of my clients have found lost items after just this first step!

TIP:

If you're starting a project that you can't finish the same day, it may be too overwhelming to take everything out as seeing it all may cause anxiety. If this is case, start with one section or one category of items so that you're not left with a huge pile that you can't tackle right away.

ACTION:

Decide where to start! I recommend starting with a smaller space and working your way up. If you're new to this, you don't want to overwhelm yourself early in the game. Start small, build your confidence, and then move to a larger project once you've experienced success.