

Personal Note

Recently I spent a day with my mom and together we organized her closet. Just like I do with my clients, we took everything out of her closet and went through each item. Yes, every item!

As my mom would go through a pile I'd bring some more things out from the closet and she'd start to look at those new items and I'd say "'Focus!" and she'd get back on track! It's so easy to get distracted while organizing because it's hard to make decisions. It seems easier to set things aside and start looking at a new pile. It takes a lot of discipline to stay focused and keep making decisions. That's why it helps to have someone with you while you work. Even better if that person can say "Focus!" with a very authoritative voice (like me!).

Even though my mom doesn't have that much stuff we ended up giving away bags of clothes. Her closet looked fantastic when we were done. Everything was sorted and labeled. And what was left were things she really enjoyed wearing.

That night I received an email from my mom which said:

Blossom,

Such good feelings about this remarkable day and our communication and being protected by you in and out and our giggles - PLUS the stunning closet completion. I think I was really rash in all I tossed out, but I likely won't miss a bit. Thanks for the stern FOCUS reminders and results - unbelievable. Super many thanks and hope the ride home was a happy one. Take care of yourself, in and out, you are a special creation of God.

*Love you,
Mom*

I am very thankful for my mom and that I get to spend time with her.

Happy Thanksgiving!

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Feature Article

Fearless Organizing™ - It's Time to Realize it's All Just Stuff

When I read my mom's email I had to laugh at her comment "I think I was really rash in all I tossed out..." I replied back "Mom, it's just stuff!"

The other day in a workshop I was going through the 'S' of my START™ Method which stands for Sort. I was explaining that when organizing a junk drawer most of it is junk and you can throw/recycle a lot of the items. An attendee commented "But when I do get rid of something I find that 2 weeks later I always need that thing." I walked over to her, patted her hand and said "And you're still alive, aren't you?!"

It's just stuff. I'm not saying to throw/recycle things willy nilly and then go out and buy new all the time. What I'm saying is that it is just stuff and that if, by chance, you do get rid of something you might need later it's not the end of the world. Don't let the 'maybe', 'someday', 'you just never know' thoughts keep you mired in your clutter.

It's time to break free and call it what it really is - stuff.

If your stuff is keeping you stuck; it's time to let go. Really let go. If you feel horrible walking into any area of your home or office your stuff is holding you hostage. If you've tried to let go before but it didn't work, ask for help. You can search for a professional organizer in your area at the National Association of Professional Organizer's website - www.napo.net.

Fearless Organizing Assignment:

- Think about how your stuff is making you feel.
- If the feeling isn't that good make a decision to do something about it. Now!
- Ask for help or get one of the many great organizing books out there. Of course, I love my book *Organize with Confidence* and you can find out more at www.organizewithconfidence.com.
- Take one small area at a time, toss/recycle/give as much as you can and watch yourself feeling 20 pounds lighter!



Elizabeth Hagen is a dynamic and inspiring female motivational speaker, the author of *Organize with Confidence* and offers business coaching services to motivate women to stand out and accelerate their success. You can become more focused and have more momentum, more confidence, and more success. Elizabeth's book "Organize with Confidence!" will change your life and her "Speak Now and Forever Get New Clients Home Study Program" will change your business! Visit www.ElizabethHagen.com and receive her eBook "10 Fearless Lessons Every Woman Must Know" as her gift to you.