

Things to do in March



**THIS MONTH WE ARE GOING TO
ADDRESS & ATTACK YOUR BEDROOM
CLOSET & MASTER BEDROOM.**

Spring is in the air!! After a day like today — don't you want to get started on organizing your closet + bedroom? Lets do it !!

CRIKEY! I CAN'T WALK INTO MY WALK-IN CLOSET! DANGER! DANGER! DANGER!!! (as dear Steve would have said!!!)

What you will need before we start —

1. A rubbish bin (trash bin or bag)
2. A cardboard box to put items in that will be going straight from the closet to the donation/thrift store
3. A box for items that don't or shouldn't belong in your closet — for redirecting later
4. An ample supply of hangers — if you have never had nice hangers, treat yourself to either wooden hangers, or even plastic hangers — choose one colour for you + a different colour for "him" for easy identification. Purchase pant + skirt hangers also. Toss all wire hangers— the kind that come from the cleaners — they are notorious for tangling just about everything they come in contact with! You can change the whole look of your closet by just upgrading/changing your hangers
5. Receptacles for other items that live in your closet such as handbags + purses, scarves + belts, etc. Your closet should be appealing to the eye when you walk into it — so I encourage you to use attractive storage containers; there are many options — wicker, cloth, plastic

If space is an issue in your closet, consider installing a second closet rod at a lower level which will give you space that can be used for skirts, blouses, etc. You can just about double your hang up space if you are able to do this.

Our goal at the end of this exercise is to not only have a beautifully organized + functional closet, but there should be nothing left on any floor surfaces unless it is a shoe organizer. Got it?

* A VERY IMPORTANT THING TO REMEMBER IS THAT THERE SHOULD ONLY BE CLOTHES IN YOUR WARDROBE THAT FIT YOU RIGHT NOW! NOTHING SHOULD BE GOING BACK IN THERE THAT DOESN'T FIT OR THAT YOU DON'T LOVE OR THAT YOU DON'T FEEL GREAT IN — so try everything on in front of a full length mirror before you are tempted to put everything back.

OK — we are ready to start!!!! Roll up those sleeves — its time for the fun to begin

STEP #1 — REMOVE EVERYTHING (and I mean everything!) FROM YOUR CLOSET

As you are taking clothes out and see anything that you know you don't/won't ever wear again — put it straight into your donation box. This includes anything that you haven't worn for a year. Harsh, I know, but chances are good that if you haven't worn it in a year, you are not going to any time soon, if ever!!!

**** REMEMBER** — WE ONLY WEAR 20 % OF OUR CLOTHING 80 % OF THE TIME. IF YOU HAVE TOO MANY CLOTHES TO FIT IN YOUR CLOSET, CHANCES ARE YOU HAVE TOO MANY CLOTHES!! To test this statistic — when you have worn a particular item, put it back in the closet with the hanger facing the opposite way + at the end of the season you will be able to see how much or how little you have worn

practice the one in/one out rule — if you purchase a new garment, you must (or should anyway!!!) let something else go

STEP # 2 – CLEAN

Thoroughly clean all shelves with a damp cloth, vacuum floor, and wipe down skirting boards (sorry – that's Australian for baseboards)

STEP # 3 – CLOTHES

Group like items together for easy access + visibility – skirts should all be hanging in the same area, as should be jeans, pants, blouses, blazers, tops, etc – group also by colour + sleeve length which will allow you to see at a glance what you have. If you discover now when you are colour grouping that you have many items of the same colour – choose those that you like the best + donate the rest.

Store your out-of-season "hang up clothes" in a zippered garment protective bag at the far end of your closet – make sure they have all been laundered before you do this.

Consider storing your out-of-season sweaters in special zippered storage bags that will fit under your bed. Those vacuum-sealed bags work well.

If you keep your sweaters in the closet rather than in your bedroom dresser, consider purchasing an open front sweater organizer that fits over the closet rod to store them in. They will keep more organized + cleaner in one of these, than piled on your closet shelf.

STEP # 4 - SHOES

Now, shoes do not belong on the floor unless they are stored in a shoe organizer of some kind. If you don't already have one, there are many great options out there depending on how much space you have. If space is limited, consider behind the door pocket shoe organizers. Do a thorough assessment of your shoes before you put any of them back in to your closet — using the "Do I love them/have I worn them in a year/are they in style/do they fit me + are they comfortable?" If you like to store your out of season shoes in clear plastic shoeboxes — go ahead and put them up on your closet shelf.

STEP # 5 — PURSES, HANDBAGS, SCARVES + BELTS

Once again, group like items together and use those attractive storage baskets that you splurged on to store these in. Designate a basket for each category.

If dust is a big issue, you might want to choose lidded baskets, or even clear plastic storage containers with lids — plastic will make it easy to see items at a glance.

Once again there are all kinds of storage options out there — you may prefer to hang your belts on a belt organizer. All of this is truly a personal preference. Take advantage of the back of the door space by installing hooks, or a bar that can be used for items like belts + scarves — use whatever is going to make you happy when you walk into that wardrobe!!

CLOSET MAINTENANCE

Once you have an organized closet, it will be so much easier to maintain, as everything in it has its own special place. Get in to the habit of putting your clothes, shoes, etc. away at the end of the day — by either hanging them back in your closet, placing them in the hamper or straight to the car if its something that needs to go to the dry cleaners.

BEDROOMS

First of all, your bedroom should be your retreat — so you don't want it full of clutter which in itself brings a sense of disharmony + chaos. At the end of your busy day you deserve to unwind + relax in this room - So saying that. . .

STEP #1 - DECLUTTER

Grab a basket or bag and move through your bedroom, collecting everything that doesn't belong there, and place those items where they do in fact belong in your home. While you are at it — do you really need all those cute little knick-knacks that have multiplied over the years? Remember less is best!! You can always store precious keepsake items away in a keepsake box (in the attic, or under the bed).

STEP # 2 - CLEAN

- Dust all surfaces in your bedroom — this includes headboard + footboard of your bed, framed artwork, other furniture, etc.
- Vacuum your bedroom thoroughly. Including all those corners — don't forget those skirting boards — oops sorry, baseboards!!!
- Also strip your bed — turn your mattress if you haven't in yonks (Australian for forever!!) and make up your bed with fresh sheets. Don't forget those hospital corners either — sorry — I was a nurse in my former life and just have to have those hospital corners!!
- Wash the windows and take down your curtains + put them through the dryer to help remove dust.
- If you have a ceiling fan, now is the time to clean it too
- The only things that really should live on the top of your bedside table are a lamp for reading, glasses, clock and the latest book or magazine you are reading.

BEDROOMS

STEP # 3 - ORGANIZE

Take everything out of your dresser drawers, and place items by category on your bed for now — panties + bras, T-shirts, work out clothes, socks + hose, pajamas, etc. As you are doing this, discard anything that you don't wear, and store out of season items in a storage bag under your bed. The only items to go back in those drawers are items that are worn and that are complete. For example, if you only have one sock from a pair, just get rid of it. You know how cheap socks are. You only have 2 feet, so you really don't need a hundred pairs of socks. If space allows — designate a separate drawer for each category of these items. There are all kinds of drawer divider organizers that may help you to keep things in order.

STEP # 4 — JEWELRY

Address your jewelry. Put it all out on your bed and only keep pieces you truly love + wear. Invest in a jewelry chest or again — if space allows you could maybe use one of your top dresser drawers to organize your jewelry using dividers. Just like your closet, group like items together — bracelets, necklaces, rings.

BEDROOMS

STEP # 5 — LAUNDRY HAMPER

Buy + use a laundry hamper — keep this in your closet or bathroom. Clothes should either be in the hamper if they are dirty or in your drawers or hung in the closet — NO CLOTHES lying around — EVER. They have a home, remember?

STEP # 6 — REWARD YOURSELF

After all your hard work in this room making it into the sanctuary it should be — treat yourself to some nice new candles and light them at the end of the day to help you unwind + relax.

BEDROOM MAINTENANCE

Make your bed every day. I know I must sound like your mum, but after a hectic day what would you prefer to see when you walk into your bedroom — an unmade bed or a bed neatly made with all the cushions and pillows in place? An instant sense of calm. No-brainer really, is it?

Let the fresh air in if weather permits — open the windows for a half hour each day.

Don't let the laundry get out of hand. Plan certain days of the week to wash, and put laundered clothes away immediately.

Vacuum + dust weekly.