

ORGANIZING LA

help is on the way

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PRESS

HOME
AND FASHION

SPRING FLING GET ORGANIZED AND GET YOUR LIFE BACK

by John Trosko

Many of life's delights are associated with our belongings, small, medium and large. That's how we build memories and serve our everyday needs.

But what if clutter causes you to only see the top of your table, occasionally? When your guests open the closet door, are you afraid an avalanche of stuff will give them a concussion? Are you and your significant other sparring over copious collecting?

If so, this season is the perfect time to take a tough look at your home systems and organizing strategies, which ultimately will save you time and money and increase productivity in your home and in your relationships.

In other words, boys, spring is here. Bring on the Hefty bags.

TRASH OR TREASURE

IT'S damn hard to go out and make the world a better place if you can't track down your track shoes. Disorganization wastes time and money. Are you buying another phone charger simply because you've misplaced the last one? Did you move artwork under the bed to find it trampled later? Do you frequently rebook missed appointments? Most people don't observe the hidden cost of disorganization and find it easier to pile up items instead of taking the time to make a decision to retain, reject or relocate.

When I formed Organizing LA, it was not only to cater to Hollywood's elite, but also to the everyday, on-the-go folks who keep Hollywood running. We motivate people to trim the excess out of their lives and learn organizing principles that work for them.

Anyone can follow our 10 basic steps to get your head and your heart wrapped around the concept of structure and schedule. Follow these steps, and you, too, can get organized and get your life back.

10 SIMPLE STEPS TO TAKE BACK YOUR HOME...AND YOUR LIFE

- 1 Clarify your goals. Is someone moving in? Are you moving out to a smaller space? Are you tired of living a disorganized life?
- 2 Set a time limit for scrutinizing books, memorabilia or paperwork. Focus on making decisions, not reminiscing.

- 3 Make a list of the smaller projects in your space. Commit to up to three assignments per week.
- 4 Start your de-cluttering with a closet. It's a small space easily whipped into shape and more manageable to maintain than large rooms.
- 5 Ask a friend or family member to help you evaluate and keep you moving. With a friend, getting organized can be fun. Turn up the music, too (nothing too sleepy, though).
- 6 Set out large boxes and use them to categorize: one box for trash, one for charity (make sure you request a tax receipt), one for storage and another for those must-display items recently excavated. Sea monkeys anyone?
- 7 Make realistic decisions about what needs to be thrown out and what can be repaired, donated or recycled. Be brave.
- 8 Move on to larger projects, like creating a filing system with an eye on downsizing. Do you really need nine boxes of high school memorabilia?
- 9 Take control. Be smart about what comes in the front door. Graciously decline wine if you don't drink or gift bags and free samples that you'll never use.
- 10 Getting organized is a snap compared to staying organized. Set aside some time each day or week to maintain your new space.

TRASH 'EM!

1. Phone books. Use the Internet instead.
2. CDs. Buy the songs you want online.
3. Single-use kitchen gadgets. Use multi-purpose utensils.
4. Clothes you don't want or don't wear. Be honest!
5. Appliance boxes.

HIS AND HIS

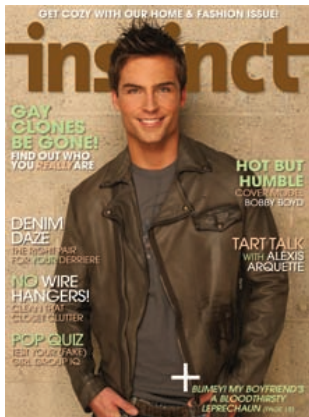
Now that you've snagged a mate, it's time to merge and organize your two homes... and lives! Before you move in together:

1. Create an inventory of furniture and decor, dividing everything into two categories: "Must Keep" and "Can Live Without." Now be brave!
2. Compare what you both have *and* what you both want before you buy anything new.
3. Maintain and reinforce your system once you've set up house. Soon organization will become second nature to you both.

CLEAN BREAK

I worked recently with a client who was undergoing a messy breakup. He needed help in moving forward and letting go of old memories and paperwork. After we got his chaos and clutter under control, he e-mailed me to express how his home and life have never looked better. He'd lost 10 pounds and started his own personal spring fling by dating someone 12 years younger.

Being organized certainly has its benefits. instinct



Instinct Magazine, March 2007



JOHN TROSKO
■ likes labels

Known in Hollywood as the 'king of chaos control,' organizing expert John Trosko introduces tips and tricks to bring disorder out of the closet and into this month's Home & Fashion Issue (pg. 56). "Being disorganized shouldn't be a life-sentence," he says. "It's about producing a plan, retraining bad habits into good and sticking to a routine. Oh, and keeping your sense of humor." Learn more at organizingla.com



For more organizing tips and suggestions from John Trosko, check out instinctmag.com or organizingla.com

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