

HOME ORGANIZATION GUIDE

:SIMPLIFY YOU SPACE AND LIFE



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ABSTRACT

In a world where chaos often infiltrates our daily lives, achieving a sense of order and tranquility at home can profoundly impact our well-being. This guide to home organization is crafted to help individuals reclaim control over their environments, offering practical strategies to simplify both space and life.



Ultimately, this guide seeks to empower individuals to create homes that not only reflect their personalities but also support their aspirations and facilitate a more balanced lifestyle. By embracing the principles of simplicity and organization, readers can embark on a journey towards greater clarity, harmony, and fulfillment in their homes and lives.

LET'S GET STARTED

In today's fast-paced world, the state of our homes can significantly impact our overall well-being. A cluttered environment often leads to stress, inefficiency, and a sense of overwhelm. The goal of this home organization guide is to empower individuals to reclaim control over their living spaces and, by extension, their lives. By adopting principles of simplicity and organization, readers can achieve not only a tidier home but also a more peaceful and productive lifestyle.

The guide concludes by reinforcing the transformative power of organization and providing encouragement for readers to embark on their journey toward a simpler, more fulfilling lifestyle. By implementing the principles and strategies outlined, individuals can create spaces that not only look tidy but also foster peace, creativity, and a greater sense of well-being.

HOME ORGANIZING IDEAS

Whichever part of the home you're tackling, effective organization inevitably starts with some good decluttering tips. This process can be overwhelming, even emotional at times, but it's worth it in the long run. The less 'stuff' you have, the easier it is to keep on top of it, and you'll likely appreciate it more, too.



FOCUS ON ONE ROOM AT A TIME

Organizing your entire house can feel daunting, particularly if it's not something you've tackled in a while. Professional organizer Vicky Silverthorn of You Need a Vicky suggests taking your time and approaching it room-by-room to make it feel more manageable.

‘Don’t overwhelm yourself by pulling all the contents out in one go – it’ll take far longer than expected. Start small, focus on one area, work on and complete it, then stop’.

GROUP LIKE-WITH-LIKE

Regardless of what or where you’re organizing, grouping items is an essential step toward implementing an efficient system. 'The benefit of sorting your ‘stuff’ into categories is two-fold. As well as contributing towards a thorough decluttering, it also makes zoning a room that much easier,' explains home organizer Emma George of Declutter with Emma in relation to organizing a bedroom.

It’s worth noting that when space is limited, so when organizing a small bedroom in this case, these zones will inevitably cross over. To avoid confusion, group like items together into containers or baskets so they can be stored anywhere in the room and then easily moved around as and when you need them.

BE SMART WITH STORAGE

Prioritizing access to items you use most is rule number one when deciding what goes where. To do this effectively, you’ll need to free up prime storage space. This means that when dealing with smaller spaces, such as organizing a small kitchen, you’ll have to think outside of the box – or the room, in this case. Organizing pots and pans is a great example. A wide drawer allows you to store all your everyday cookware in one readily accessible space, which is much easier than rummaging around at the back of a cabinet. If you go down this route, consider installing an internal pan rack to avoid them rattling when you open and close the drawer and line the bottom to prevent scratches.

MAXIMIZE STORAGE WITH DIVIDERS

Whatever they hold, drawers tend to dissolve into disordered chaos if not kept in check. Dividers will quickly become your best friend, particularly when it comes to organizing kitchen drawers. Save yourself from hassle – and potentially a burnt meal – by separating sections by category: knives, cutlery, peelers, baking equipment, etc. Vertical separators are useful for storing larger items such as chopping boards and baking trays and keeping pan lids in check when organizing

deeper drawers. They're also worth bearing in mind when organizing Tupperware, too.

MAKE MORE SPACE WITH STORAGE PRODUCTS

From baskets and bins to risers and carousels, integrating the storage products professional organizers can't live without is a great way of utilizing space to its best potential. 'It's a really simple way to make the space look tidier and more structured', says interior designer Katharine Pooley.

Whether you're dealing with awkward corner cabinets, organizing deep pantry shelves, or kitting out closets, take measurements before investing. Ideally, you want a snug fit so you're not left with any dead space.

INVEST IN BESPOKE

If you really want your home storage to work for you, there is little better than commissioning bespoke joinery.

You could even take it one step further with niche inserts specifically designed to suit your organizational needs, whatever they may be. Fashionistas might opt for built-in cubbies to store handbags and shoes, while for keen cooks, Tom Howley, design director at Tom Howley, recommends a bespoke option for organizing herbs and spices perfectly.

'Herbs and spices are one of the trickiest items to keep organized in the kitchen. A bespoke drawer inlay allows you to lay jars with their labels easy to read at a glance, so you can clearly see what you have. Not only is this more efficient when cooking but storing them in a cool, dark drawer can extend the life and flavor of your spices.

KEEP KITCHEN COUNTERTOPS CLEAR

Keeping surfaces clear of clutter is a prime organizational trick in any room, but it's particularly relevant when organizing kitchen countertops. As well as looking smarter, it makes for a more functional cook space and an easier clean-down afterward.

While there are several things you can do daily to keep kitchen counters clear, you will be fighting yourself if you don't establish some organizing systems to keep clutter at bay.

NEVER STOP DECLUTTERING YOUR CLOSET

We never stop organizing clothes. From the clothes we buy and need to house to doing laundry and putting it all away, it is a category in constant flux. As such, we should always look to declutter a closet and stay on top of the clothing clutter before it becomes overwhelming.

Rather than cram in everything you own, reserve your closet for items you wear or use regularly. Then, organize clothing by category to make finding the specific piece you need far easier for a more organized morning routine. When your closet is full, organize a dresser to store anything that won't crease easily, and file folding clothes where you can so they're stacked vertically in drawers rather than in flat piles.

If you're organizing a small closet, the same rules apply, but you might want to consider adapting your closet storage a little to make the most of the space you've got.

HOW DOES YOUR MENTAL HEALTH BENEFIT OF A CLEAN HOME?

Essentially, when our minds feel overwhelmed, our living spaces can also end up cluttered. In turn, a messy space can lead to stress, anxiety, difficulty concentrating and relationship strain, says Peggy Loo, Ph.D., licensed psychologist and director at Manhattan Therapy Collective.

5 Mental Health Benefits of Cleaning

While a messy space can put you in a mental bind, this also means that tidying up your home can help you feel better. The following are a handful of ways cleaning can benefit your mental health, according to experts.

Sense of order and control. A 2017 study on young adults found that clutter was linked to procrastination, feeling overwhelmed and lower quality of life[5]. Our

outer environments can act as a container for our emotional and psychic states, Dr. Roeske explains. “When there is order and structure to our outer environment, it can help us feel more able to manage some of the internal feeling states and worlds,” she adds.



Familiarity and consistency. Human beings prefer similar routines that offer us stability, even amid otherwise chaotic circumstances, Dr. Roeske notes. Keeping your household items in order can provide that familiarity. However, she adds that “order” doesn’t necessarily mean everything is lined up perfectly and color coordinated, and that another person’s sense of order may differ from yours.

Released endorphins. The physical act of cleaning can also release endorphins, which Dr. Roeske states, “is hugely beneficial as a pain reliever, stress reliever and overall enhancement of our well-being.”

Improved focus. Having too many items in our field of vision distracts the brain’s processing capacity, according to a 2011 Princeton Neuroscience Institute study[6]. Clearing away clutter allows the brain to focus on items and tasks one at a time.

Regulated emotions. The act of cleaning also requires us to slow down, which can offer a calming effect during overwhelming situations and help us explore and manage our emotions. “Deep cleaning can be a great constructive physical outlet for frustration,” says Dr. Loo.

Dr. Loo notes that while cleaning can help support better mental health, mustering up extra energy to tidy can be difficult for folks with anxiety, depression or burnout. In this case, it may help to see a mental health professional as well to learn other evidence-based coping strategies.

ORGANIZATIONAL HACKS TO STAY ON TOP OF LAUNDRY

Taking care of household laundry can be overwhelming if you let it pile up. Fortunately, these days we have better equipment, more effective laundry products, and easier care fabrics to help with the task. But laundry still takes time to ensure that everyone in the household has clean clothes, towels, and sheets.



Here are nine easy organizational tips and hacks for how to keep up with laundry.

Follow the One-Touch Rule

Placing items back in the closet if they are taken out but not worn How many times have you picked up a pair of jeans or a shirt and wondered if it is clean? Most of us have a habit of trying something on, deciding not to wear it and dropping it on the floor or laying it over a chair. Or we wear a shirt once and decide that maybe it could be worn again and leave it in a spot and then forget whether it is clean or dirty.

Learning to institute the one-touch rule will help you conquer the laundry pile more quickly than any other tip. When you remove a piece of clothing from a drawer or hanger and you decide not to wear it, return it immediately to the original location.

If you wear something and think it could be worn again, designate a spot in your closet for that item. Go through the lightly soiled items at the end of the week and double-check for stains and determine if they actually need a wash.

If you wear something and it needs to go in the hamper, put it there immediately. No piece of clothing ever rises from the floor or a chair unless a hurricane blows through!

Shop for Clothes With Laundry in Mind

Checking a garment's fiber content before buying

Shopping wisely is an important step in making laundry easier and reducing the number of laundry loads. Take time to read labels, study garment construction, and select fabrics that will make laundry easier.

It is also important to teach everyone in your family that many clothes can be worn more than once between washings especially if you follow the one touch rule.

Split the Laundry Responsibilities

Teaching a toddler to bring laundry to the washing machine. Both you and your family will benefit from knowing how to correctly do laundry. The best time to start teaching is when kids are toddlers and want to do everything you are doing. A

toddler can bring clothes to the laundry room and even begin to sort clothes by colors.

By the time a child is in elementary school, they can learn to use a washer and dryer. Remember, they can use every other electronic item on the market. Begin with basic items like sheets and towels and move on to more challenging items like different fabrics and stain removal.

Every teenager should know how to do laundry, and it is a skill they will need in college or when they head out on their own.

Create Convenient Drop Zones

Dropzone for clothing in a toddler's room. We all want everything in life to be easier—including a convenient spot to put dirty laundry. It is much easier to complete a task if the tools are right at hand.

Laundry hampers are more likely to be used if they are placed in spots where dirty clothes are removed—bathrooms, bedroom closets, mudrooms, and entryways.

All pockets must be empty.

Zip all zippers.

Separate items: No shirts inside sweaters or underwear inside pants.

To make treating laundry stains easier, teach each person to attach a clothespin to the stained area that will need extra attention.

By having multiple hampers, each family member can be responsible for bringing their hamper to the laundry room filled with soiled clothes and returning it to the proper spot filled with clean laundry.

If you have children, especially preteens and teenagers, there always seems to be an emergency that requires a certain clothing item or uniform that's needed on very short notice. Create an "Emergency Zone" hamper in the laundry room or kitchen for those items. The rule for using the Emergency Zone is that you must also notify the adult who will handle the "emergency" or do it yourself.

CREATIVE HOME-ORGANIZING IDEAS AND DIY PROJECTS

Organizing is great. I mean, without it you have those episodes of never being able to find what you need or not knowing where to put things when you buy them.

While there are tons of products that you can buy that are designed to help you to get your home organized, we like the DIY of doing things so we have a few ideas for organization tips that you can do yourself, from things around your home.

For instance, have you ever thought of using an old tension curtain rod for a cabinet divider? How about keeping your pot and pan lids neatly organized with a magazine rack? There are ideas for attaching undershelves in cabinets so that you can make good use of all of your cabinet space.



Keeping your home organized doesn't have to be a daunting task. With a bit of creativity and some simple do-it-yourself (DIY) projects, you can transform cluttered spaces into functional and aesthetically pleasing areas. Here are some innovative ideas to inspire your home organization journey:

1. Vertical Wall Storage:

Maximize vertical space by installing floating shelves or wall-mounted organizers. Use these shelves in the kitchen for spices and cooking utensils, in the bathroom for toiletries, or in the living room for books and decorative items. You can even repurpose old wooden crates or wine boxes as rustic wall shelves.

2. Pegboards for Organization:

Pegboards are versatile and customizable solutions for organizing tools, craft supplies, or even jewelry. Paint them in a color that complements your decor, then attach hooks, baskets, and shelves to hold various items neatly. They're perfect for the garage, craft room, or kitchen.

3. Under-Bed Storage:

Utilize the space under your bed for storing seasonal clothing, extra linens, or shoes. Invest in under-bed storage containers or make your own using shallow bins on wheels. This keeps items out of sight while making good use of otherwise wasted space.

4. Repurposed Drawer Organizers:

Instead of buying expensive organizers, repurpose items you already have. Empty egg cartons can hold jewelry or office supplies, while cutlery trays can neatly organize makeup or stationery in drawers. Decorative boxes or baskets can corral items on shelves or countertops.

5. Labeling and Categorizing:

Create a system of labels for containers and drawers to maintain organization. Use a label maker for a uniform look or get creative with chalkboard paint and chalk markers. Categorize items by type (e.g., socks, belts, scarves) to make finding things easier and encourage tidiness.

DIY Projects:

1. Customized Closet Shelving:

Transform a standard closet into a customized storage solution by building your own shelves and hanging rods. Use plywood and brackets to create sturdy shelves tailored to your storage needs. Add dividers or baskets for small items like accessories or socks.

2. Upcycled Storage Solutions:

Repurpose old furniture or household items into unique storage pieces. Turn an old ladder into a towel rack in the bathroom or a blanket holder in the living room. Convert wooden crates into rolling storage bins for toys or magazines.

3. Magnetic Spice Rack:

Create a space-saving magnetic spice rack by attaching magnetic strips or sheets to the inside of a cabinet door or to a wall near your cooking area. Transfer spices from bulky containers to small magnetic jars labeled with chalkboard paint for easy identification.

4. Hanging Jewelry Organizer:

Make a stylish jewelry organizer using a wooden frame, chicken wire, and hooks. Paint the frame to match your decor, then staple or nail chicken wire across the back. Hang earrings and necklaces from the wire and use hooks for bracelets and rings.

5. Floating Bookshelves:

Display books creatively by installing invisible bookshelves. These shelves create the illusion that books are floating on the wall. Simply mount a metal bracket to the wall and stack books on top, concealing the bracket. It's a visually appealing way to organize and showcase your favorite reads.

By incorporating these creative organizing ideas and DIY projects into your home, you can not only declutter effectively but also add personal touches and functionality to each space. Whether you're tackling a small apartment or a spacious house, these ideas will help you create organized environments that promote calmness and efficiency in your daily life.

These ideas and projects offer practical and creative solutions to enhance organization throughout your home, encouraging both functionality and aesthetic appeal.

INEXPENSIVE HOME ORGANIZATION IDEAS

When you live in any size home, you have a need to have home organization. Fact is, we all have “stuff”. And “stuff” can end up slowing down our day, and ruffling our feathers in the evening. “Stuff” quickly becomes clutter, and who wants that? Not only does clutter take away from the look of your home, it adds to the overwhelm you feel each day. Household organizing ideas can be super easy once you make them a habit. Whether you have stacks of papers that belong no where, crazy and chaotic mornings, or lost backpacks and car keys, these easy & inexpensive home organization ideas will help!



Home organization ideas

Home organization can seem daunting, but it’s all about finding the right tips and tricks that work for you. Whether it’s the battle of the bathroom, chaos in the closet, or turmoil in the kitchen, we’ve got you covered. In this post, we’re diving into 50 easy-to-follow home organization tips for every corner of your living

space. So grab a cup of coffee, and let's tackle that clutter together. From the kids' bedrooms to those 'other' often-forgotten areas, we're about to transform your home into the organized oasis you've always dreamed of.

Let's start with a little life organization, shall we? Because home organization is impossible if you are scattered and distracted yourself. These tips and tricks are the essentials to create an organized life for yourself. So, let's start with the basics and build from there!

1. PREPARE AHEAD OF TIME

This one is pretty self explanatory... To have the most organized household, and to avoid morning chaos, lay out everything you are going to need in the morning, the night before. Then, (and here is the hard part) teach your kids to do the same.

2. KEEP ESSENTIALS AT YOUR ENTRYWAY

Have a central area to organize purses, keys and your wallet, and always those items there. Want something that also looks good? Make this entryway hall tree bench DIY from 'Angela Marie Makes'! Full plans and instructions for this home organization idea, and it so charming! Would love to leave my keys and purse here every day!

3. BASIC MEAL PREP

Set out everything for breakfast that is non refrigerated, right down to the spoons. Of course, this means knowing what's for breakfast the night before. And make all kids school lunches the night before, always! Or better yet, listen to 'The Seasoned Mom' and make school lunches on Sunday that will last all week! These kinds of home organization ideas save money too!

4. WRITE YOUR TO-DO LIST THE DAY BEFORE

Write up a daily to do list for the next morning on your smart phone and put priority items first. Move items from today that didn't get done into tomorrow's list. Update your calendar. We like an app called "Cozi". It has the capability to handle your whole families' activities, and you can even keep your grocery list there. Cozi lets each family member share with one, two or all other members what their schedule is. It can also send you email reminders, like for trash day. Oh, and it's

free. Or if you prefer a more traditional home organization idea, you can set up a family command center with a dry erase calendar that family members can share. We like this DIY family command center by ‘House of Wood’.

5. RUN ERRANDS TO GET AHEAD OF THE DAY

Evening organization tip – Go get gas, pick up the first graders cupcakes, or get that pencil sharpener that your high schooler can never seem to find. Don’t put off errands ’till morning when everything is busy.

Bathroom organizing ideas:

Transform your bathroom into a serene and clutter-free sanctuary with these smart organization tips. From maximizing under-sink storage to keeping countertops tidy, discover how to make the most of every inch in your bathroom. Whether you’re dealing with a compact powder room or a spacious master bath, these ideas will help you create a more organized and refreshing space.



6. HAVE A PLACE FOR EVERYTHING

Keep your bathroom paraphernalia out of sight when not in use. Buy a plastic carry-all with a handle on top, or a pretty basket. Organize your make-up, deodorant, hair spray, razors, etc. into the container and place under the counter. Bring it out when you need it, then always put it right back underneath. Check out how 'I Heart Organizing' doubled their under sink storage for a guest bath.

7. USE A SHOWER CADDY

Shower caddies are essential for keeping the shampoos, conditioner, face scrubs and specialty in-shower treatments from taking over the whole space. You can even make a DIY shower caddy to keep your bathroom organized!

8. SQUEEGEE THE SHOWER TO KEEP IT CLEAN LONGER

To keep your shower cleaner longer, squeegee your shower doors after every single shower. Keeping the squeegee right in the shower makes that even easier. Make sure to put the squeegee on a hook so it has a dedicated spot. If you have a shower curtain, use a daily shower spray to keep clean up from being impossible when you finally get around to a whole bathroom cleaning.

9. ORGANIZE THE LITTLE CLUTTER WITH A MAGNET

Even the tiniest tools need a home! A strip of magnetic tape (any craft store) or a magnetic knife holder are great organizing ideas that can take care of the little things, like nail clippers, tweezers and scissors. Try this from 'Treasures and Travels'.

10. MAKE USE OF EVERY BIT OF SPACE

You should even use those tiny wasted corners and awkward space to put in a cabinet or shelves to add storage. Remember to repurpose to save bucks, and that paint is everything when you want to organize your home on a budget

DECLUTTER AND SHINE: TIPS FOR EASIER CLEANING IN A SMALLER SPACE

To enjoy a small space, knowing how to maximise the space is important. It might seem that organising a small space is quite complicated, but that is not the case. The procedure can be quite straightforward if you can put in a little effort.

Once you have mastered the art of organising small spaces, your home will feel completely different in a good way. It does not matter how little space you have, properly decluttering and organising it will help you feel like you are living in a much bigger home.



It is also worth noting that a clutter-free and organised home makes the cleaning work easier. This is why professionals who do budget end of lease cleaning Melbourne recommend decluttering before cleaning your living space.

Here is how to declutter and shine your smaller space, making way for easier cleaning. Use these tips to maintain a clutter-free and clean home.

1. Start With Decluttering A Small Spot

Just the thought of decluttering an entire home, however small it might be, can be overwhelming. This is why it is best to start the procedure by decluttering a tiny, unsentimental spot in your home. It can be anything, such as a cluttered corner of a closet. To figure out the starting point, search for a spot with no emotional attachment.

2. Divide The Tasks

Combining multiple tasks, such as decluttering multiple rooms and cleaning them, might frustrate you. Decluttering and cleaning are completely different tasks, and that is why they should be done separately. Set aside a specific time for decluttering as well as cleaning. When it is time to perform a quick cleanup session, arrange similar items in containers, such as plastic bins for papers or laundry baskets for clothes. During the process, do not think much about where these items will end up. You can do that during the decluttering stage. By eliminating the pressure of organising during your cleanup session, you will reduce the stress while making the work much more manageable.

3. Allocate A Specific Time For Decluttering

When it is time to declutter, use a two to three-hour block for organising your stuff. You can start with any room. However, the professional end of lease cleaners Melbourne recommend tackling one room at a time. Keep the baskets, boxes, and bins ready. It is best not to go over the allocated time. The primary aim here is to include decluttering into your home organisation routine. Having a system for organising a home will be helpful for preventing clutter buildup. Setting time aside for decluttering should be a part of this system.

4. Keep, Toss, Or Donate The Items

in a specific room, sort them into one of the three piles: keep, toss, or donate.

- Keep the ones that you still use frequently.
- Toss the ones that no longer serve you.
- Donate the ones that you do not need, but they still work.

- Keeping the procedure this simple helps you complete the work quickly and maintain an organised space.

5. Assign Specific Places For “Keep” Items

Once you know which items you would like to keep, organise them by setting aside a specific place for them. For instance, have a separate section for your kid’s toys and your pet’s toys. This also includes keeping your documents organised, such as keeping your car insurance documents in a file folder named “car insurance”. If you do not have this kind of folder, it is recommended to create one. This way, you will be able to easily locate them while minimising the chances of clutter build-up.

6. Repeat The Process Often

Decluttering and organising are things that you should do regularly. Clutter will always pile up, no matter how organised you are. So, that is why you should create a schedule and stick to it. Just like taking out trash and doing laundry, you can incorporate decluttering into your home maintenance routine. Professionals who do the best end of lease cleaning Melbourne also recommend creating a decluttering checklist. After repeating the process on a regular basis, you will have an easier time maintaining an organised living space.

7. Clean The Home

Once your home is organised, the requirement for regular cleaning will reduce a lot because of the absence of clutter and, as a result, the absence of dust. However, according to the cheap end of lease cleaners Melbourne, some basic cleaning tasks will still need to be completed. This includes but is not limited to the following:

- Vacuuming your carpets
- Wiping the countertops
- Keeping the tile grout stain-free
- Mopping the floors
- Dusting the ceiling fans
- Cleaning the windows

Take care of these cleaning tasks on a regular basis using the appropriate techniques and DIY cleaning solutions to ensure your home is sparkling clean.



Wrapping Up

Decluttering and organising a smaller living space does not have to be daunting. In fact, it can be pretty straightforward if you can just follow the basic steps frequently. It will also make the cleaning work easier. Follow the tips mentioned in this article to keep your home clutter-free, organised, and clean.

CONCLUSION

In conclusion, by simplifying our living spaces, we not only enhance their functionality and aesthetic appeal but also cultivate a deeper sense of well-being and clarity in our daily lives. Through deliberate decluttering, thoughtful organization, and embracing minimalism, we create environments that support our goals and aspirations. This journey towards a more organized home is more than just tidying up—it's about fostering a peaceful sanctuary that promotes productivity and reduces stress. By committing to these principles and practices,

we empower ourselves to live more intentionally, appreciating the transformative power of simplicity in both our physical surroundings and our overall quality of life.



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