

How this Mama Stays (somewhat) Organized

Happy Friday everyone! What better way to celebrate Friday than with some organization tips and tricks?! (Spoken by a true organize freak!) It's that time of year where people throw themselves into spring cleaning, which is great; BUT, what if these spring cleanings could turn into year long habits?!

I'll be the first to tell you that I have a personality that has almost always lent itself to being pretty organized, except if we're talking about middle school Kayla who lived in squalor in her bedroom (sorry Mom!). Back in the day my parents were CONSTANTLY on my ass to pick up my room, but now that I'm a parent I totally get it.

I'm self-diagnosed OCD when it comes to stuff like organizing, keeping my house tidy, and purging stuff I don't use/want/need anymore. (My husband says I purge too much, but what's he know?). Honestly, less is more for me in most departments, unless we're talking about coffee consumption, Law & Order SVU marathons or kettlecorn.

Here's a few tips and tricks that have worked for me to help keep things relatively organized in my home. Let's preface this post by saying, **MY HOUSE IS NOT ALWAYS ORGANIZED, MY KIDS DON'T ALWAYS MATCH, AND WE MOST DEFINITELY DO NOT ALWAYS HAVE OUR SHIT TOGETHER.** But, when we do have all of the above going for us, here's some stuff that helped us get to that point!

Tips and Tricks

Make your bed every morning.

Sounds silly, seriously, but it helps you psychologically. You make your bed, you've already completed a task for the day and you might not even have a bra on yet. (Sorry, if you're a dude reading this, you might not even have pants on yet?) If you're barely dressed and you've already accomplished a task for the day, your brain will continue to WANT to fulfill more goals and tasks throughout the day. I've made my bed, every day, for the past 6+ years. Even on my darkest days, I made my bed, because I knew that might be the only task I accomplish that day. And some days, it really was about the only thing I accomplished.

Make a list.

I'm a HUGE fan of lists. If you write something down, even if it is "make your bed," there's a satisfaction that comes from crossing something off your list or checking a box. IF lists overwhelm you, make SMALL lists. Don't list absolutely everything you think needs to get done - list, at max, 5-10 items you would like to accomplish. Once those are done, write out another SMALL list. You get the feeling of accomplishment, AND you don't forget stuff you want to get done.

Get a wall calendar.

Call me old fashioned, call me Grandma if you want, but I love my wall calendar. I write down all the birthdays of people in my family; I write appointments, meetings, pretty much

everything on my wall calendar, and it hangs in our kitchen. I LOVE having things written down right where I can see them instead of having everything in my phone. I do save appointments and such in my phone, because obviously I'm not taking my wall calendar with me; but honestly, I just love my wall calendar (plus it's bright and cute and colorful).

Go one room at a time.

Don't overwhelm yourself. Easier said than done, I know. But don't look at your entire house as a whole job. Break it down into compartments (rooms) and go one room at a time. I normally start in the bedrooms because it's mostly just picking stuff up, getting dirty clothes in hampers, etc. I try to dust my bedroom once every two weeks or so, just to keep it fresher. I also run my diffusers all day, every day, to help freshen up the space. I diffuse Young Living essential oils. I then move to the bathroom where I wipe things down with Clorox wipes or Mrs. Meyers, empty the trash and just make sure my hair products, make up and personal hygiene products are put away. My home is by no means absolutely spotless, but these little things you do every day can really help. Then I move to the kitchen or living room. I don't like to go to bed with a dirty kitchen, so most mornings I have a dishwasher to empty. My girls are FANTASTIC helpers when it comes to unloading the dishwasher. Get your kids to help you out with the day-to-day. It can really help them like to clean and organize; they don't even realize they're working. I've had to let go of some of my "OCD-ness" with cleanliness when my girls help, but seeing their little faces light up when they get to help their mama makes me happy.

One load of laundry a day.

Thank you Mother Lisa for this tip, she's the queen bee of this - it's AMAZING how clutter free you can keep your house IF you stay on top of laundry. I am behind right now, I will admit that. But when I get caught up, I try to keep up with doing one load of laundry a day. I wash the kids' and my clothes together, then save Ty's for a load all its own. (I generally do 1-2 loads of Ty's clothes once a week; he re-wears work jeans, unless they are used and abused and covered in chemicals). Don't feel bad if you're behind on laundry, most of us are. And if one load of laundry a day isn't realistic, that's OK! Everything on this list doesn't work for everyone, and that's fiiiine!

Do a few small things to help your appliances last longer.

Do this once every two weeks or so. I used Affresh and LemiShine products to keep my appliances running in tip top condition. These products really do enhance the life of your appliances. I also wipe down the inside of my microwave and fridge once a week, because Lord knows that they both can become a mess very quickly.

Cute little cube box/containers are a must.

These are not only good for decoration, but they're functional as well. I always have extra storage bins/baskets of some sort in my house, in case we need to throw toys and/or magazines, etc into them. I hate clutter, so even if stuff is in a pile in a box, I feel much better about things.

PURGE, PURGE, PURGE!

Try not to hold too much personal attachment to material goods. Again, keep in mind if it's a family heirloom or something that you consider "timeless," keep it. But are you really going to wear those 3 different pairs of flip flops? When you're shopping try to opt for neutral accessories and shoes, so you can wear them more often. Is that ill-fitting top that you got a great deal on but have never worn still hanging in your closet? If it's still there after 6 months and you've never worn it, PURGE IT! I turn my hangers around in my closet at the beginning of the year. If I haven't worn an item in 6-9 months, it's gone. (Obviously I keep my timeless pieces, like my black Calvin Klein dress, white blazer, and black suit, but other stuff -- yaaa, see ya!). If you keep your clothing to a minimum, that reduces a LOT of clutter, believe me.

Give yourself some grace.

This is not going to happen overnight. You are not going to create a habit overnight. Doesn't it take like...21 days for a habit to start to form or something like that? Just try to work on small things every day, even if it is just making your bed. Also, DON'T berate or put yourself down when you don't get to everything on your list. If you make a conscious effort to better your organization skills every day, eventually it will get easier. The hardest part of being more organized: **starting**. Just start. Start somewhere. Blast your 90's rap, throw your hair in a topknot, and start! You'll be amazed at how much easier it is once you just START.

Kick out your family.

I'm totally kidding with this one...kids and spouses make the house cluttered, dirty and a total mess sometime, but remember, they're busy making memories. Your babies aren't going to remember if your house was spotless, your husband isn't going to love you any less because the floors are sparkling. Like I said before, give yourself some grace, and for real, don't kick out your family. They love you and besides, who else will do the laundry? LOL!

Happy Friday friends, have a fantastic weekend!

TODDLERS