

Let go of things to make more room in your life

As we transition into fall, a season that wraps itself in the beauty of release, I encourage you to reframe your thoughts about organizing.



Maggie Jackson
certified professional
organizer

Letting go can be painful, but also very empowering.

One of the earliest questions you need to answer during the organizing process is “what can I let go of at this point in my life so I can gain something more important?”

Our organizing goals may all be different — wanting more space for a new hobby, more time in your calendar for yourself or simply being able to find the spatula when you need it. Yet all of these goals have a common denominator. We must let go of something to gain the end result.

Consider each of the areas in your life you want to organize. They all have finite

space — your closet, your calendar, your mind. Be careful of simply leveling those areas — moving things around to try to make more space rather than removing items to create breathing room. There is a big difference between the two processes.

Letting go can be painful, but also very empowering. Will you make the right decision in letting go of something? I believe so. By keeping your focus on your organizing goal, making the decision becomes much easier.

The first step often can be the most challenging. Let me give you three ideas to help



ROOM

▶ you begin:
ROOM

Place a box or bag or bin near your car to be the holding spot for items you are ready to release.

Are you able to release something in your life today that will put you one step closer to what you really need?

Doing so give these items a home until they are put in your car and delivered to a donation spot.

Start with letting go of duplicates. Black pants. Tennis shoes. Slotted spoons. Cutting boards. Sheet sets. Towels.

Set a timer for 10 minutes.

Pick a room in your house and look for those duplicate items and start the process of filling your donation container.

Are you able to release something in your life today that will put you one step closer to what you really need? Give yourself the beautiful gift of letting go.

Maggie Jackson is a certified professional organizer who dedicates her days to helping others reach their organizing goals by teaching the value of less. You can find her at organizedlife.us.

H