

"Purge....Enough Said"

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Organizing has two parts, purging and sorting (grouping). We are going to talk about purging. As years go by, we all tend to collect various useful items, from electronics to blankets. Over time, these items become impractical and turn into items that only are useful in collecting dust. These are the items we need to purge.

The best rooms to purge are the storage areas in your home/office, the closets, attics, and basements. From my experience, people tend to place the unused items in these areas.

A lot of people I speak with have a concern about getting rid of their stuff. They feel a need to hold on to things from the past so they will feel more secure about the present. I am hear to tell you — "Change is Good". It gives you an opportunity to learn more about your likes and dislikes and how they have changed over the years. Other benefits of purging are the feeling of becoming freed of the 'To Do List', having more time and space, and feeling an overall sense of peace.

Here are some questions to ask yourself to determine what to purge:

1. Do I have an unsettling memory attached to this item? For example, my ex-boyfriend gave me this item before we broke up.
2. Have I replaced this item with a newer version? I.e. I updated my camera and need to get rid or give away my old one.
3. Do I have a recent memory of using this item in the last year? Like, I use this platter every year at Thanksgiving.
4. Can I find this paper article or info. on the internet? I.e. Articles you liked from old newspapers or magazines can usually be found on the internet with the right keyword.

How ever you decide to purge, please contact someone if you feel overwhelmed in the process. National Association of Professional Organizers (www.napo.net) is a great source in finding a Professional Organizer. Happy Thanksgiving. *Sabrina*



Try It...Organizing

"Remove your past year's paid bills in December or January to make room for the current year's paperwork. Store previous year's bills/paperwork in a plastic container for easy access. Review these bins every few years to see if they are still needed."

Monthly Quote

"The only lifelong, reliable motivations are those that come from within, and one of the strongest of those is the joy and pride that grow from knowing that you've just done something as well as you can do it."

- Lloyd Dobyns and Clare Crawford-Mason,
Thinking About Quality from
www.quotationspage.com

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