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Everything has a place – so find it

Tips from the pro – cleaning the fridge saves time and money

By Zenya Sirant

You can hire a professional organizer to sort out your home – or your life. They all have policies and procedures to brace clients to face the world.

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The first thing for people to realize is the “80/20” rule: We use 20% of our stuff, 80% of the time. People think they need all this stuff, but you wear the same favourite sweater or shoes over and over again. There’s also the “one in, one out” rule. If you bring something new into your home, something needs to go out. Our houses can only handle so much, that’s why most people can’t get their cars in the garage.

Start in one corner of a room and work your way around. The key is to not leave the area. If you’ve got two hours, then keep focused and stay in there for two hours. While you’re going through stuff, group like things together: charity, other room, toss and recycle. Once you’ve completed sorting the entire area, then you can see the volume of what you have. Until then, it’s hard for people to make a decision of what to let go. Containing is the next stage. People make the mistake of going out and buying all these great products and containers, then they organize the garage and the stuff doesn’t work or doesn’t fit. You’ll save money if you leave that step to the end.

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