

How to Stay Organized

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HABITS/PUT IT AWAY

Items will not end up back in the basket or on the hook if we don't put it there. Habits determine everything so work on putting items away after you use them. Don't wait until "I will do it later". Do it now.

SHOPPING/FREE STUFF

Items don't end up in the space without us putting it there. I suggest lowering buying habits and ask yourself if you really need more, will it replace something you already have that you can get rid of, will it add to the issue? Just because there's a discount or free, doesn't mean it's for you in this season.

MINDSET

Allow yourself to question what you have and why. It gives you the power to determine what is in your space. If you have a scarcity mindset or that the items give you value and worth, those will destroy you. Items add value they don't define your value. If items are being kept due to guilt, let it go and get rid of it.

EVALUATE

If something isn't working or if you still have that "eww" feeling, it's okay to change the flow, the organizing supplies or move items around or go through another round of decluttering. We are energetic/spiritual beings and we know when something isn't right. Be okay with not being perfect and allow for change and health.

MORE STUFF IS NOT THE ANSWER

Stress, anxiety, overwhelm comes very easily from stuff, clutter and piles. Remember that stuff does not solve or define us. Be okay with not having all the "new things". Find joy and heal the heart issue thinking more stuff will be the answer, because it won't. Be happy and full right now, then see what you really need.

FOLLOW ME

On social media and YouTube I have helpful videos and tips (@organizedbyabi) or hire me to help you minimize and organize.