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This is the first article of several I am going to write about a problem that affects many people; the problem of clutter in our lives. How do we organize it and win back vital living space in our homes?

Organizing the clutter

I may as well admit that I am a hoarder. I have too many things for the size of my small apartment to live comfortably in my home. All these things are presently packed into boxes and are either things from my past that I no longer use, things I can use right now or things that may possibly be useful in the future. I love to buy books and began to collect them when I went to university in the 1980's. Many of the books I got then are about to gather dust on my bookshelf again as I unpack my boxes and they will take up valuable space in my crowded apartment unless I do something about it.

What I need to do is organize the clutter, sorting out what I no longer want and getting rid of it. I need to change how I look at the problem of too many possessions and ask how I can make them work for me. One way is to hold a garage sale and sell what I no longer want. By doing this I turn my old things into cash which I can spend on my life now. So this victory will not be just a temporary one I need to learn to say NO to my impulses to buy books. I need to curb my reckless spending habits and apply a cutting policy to my books, clothes and music collections and anything else I find. I need to be ruthless and not think too long over my decisions to keep or reject things

With clothes the policy should be to get rid of anything you have not worn in at least a year. I have had clothes that have gone moldy at the back of my wardrobe and the question is why do I still have these things? I suppose the reasoning is that we spend so much money to get clothes in the first place that we are reluctant to throw them out if they still have wear left in them. If you are like me my clothes almost never wear out and then fashions change or I get sick of wearing the same old things so I buy more clothes while keeping the old. The problem just snowballs. I think the same kind of policy should be applied to cutlery, shoes, CD's and videos if you have too many of these things.

This week I start unpacking as I move back into my home. I will have to go through everything and create a pile of keeps and a pile of rejects. The keeps will continue to be part of my life for the foreseeable future but the rejects can all go in a garage sale. Now that I recognize clutter is a problem I can do something about it and so can anyone. Why not make a start organizing your clutter today so that you'll have a freer tomorrow.

The following are some online resources for organizing your life:

<http://www.organizingyourlifetheeasyway.com/>

<http://www.lifeorganizers.com/>

<http://www.getorganizednow.com/>

