

Tame Your Bedroom *Wild-Things*: Maintain Organization

Many things in life require maintenance, and the more important things in life like our relationships, health, and happiness deserve the most attention. If we let these elements in our lives slip by-without proper care-they're bound to grow out of proportion, and become, well, problematic. (And who wants that?)

The same is true with our homes, when we neglect the small, and easily manageable projects they grow into oversized *wild-things* on our backs (and not the good kind). Maintenance is simple, but it takes discipline on our part, which often is the most common obstacle we have to overcome.

Consider our bedrooms, when we get lazy they fill up with unfolded laundry, paper-work from the office, outdated magazines, stuff that needs to be stored, and other various items that don't belong.

And what happens when our bedrooms are out of commission? (Well you know, everything falls apart, there's no sleep, no rest, no romance, and therefore our health, happiness and love lives suffer) I may be getting carried away... 😊

Wow, really? Just from the preventable? But don't fret my dears' remember these **3 KEY CONCEPTS**:

1. **DISCIPLINE = FREEDOM**
2. **CLUTTER = *deferred decisions***
3. **Small wins = HUGE VICTORIES**

Take each and every opportunity to make an "in the moment" decisions—remember, all CLUTTER represents is, *deferred decisions***. When you exercise the discipline muscle to make those small decisions—like, "Am I really going to use that coupon?" or "Am I really going to read this magazine" you are building healthy habits. Then, when it comes to bigger decisions, you will have fully developed discipline and decision-making muscles to accomplish your goals and come out victorious. In other words, getting and staying organized in your home, will bleed into other areas of our lives!!

So **HOW** do we maintain the serenity of bedrooms whose purpose is rest, relaxation, rejuvenation, and of course, romance?

- For starters, clear out all paper, clutter, memorabilia, magazines, (junk stored under the bed) and other busy-brain things that prevent us from getting our bedroom-bliss on. *

- Closet rehab: Group clothing items in categories and use all one kind (i.e. uniform) hangers, {felt hangers are the rage but they're hard to navigate}. Try using stacked hangers, or L shaped for pants and belts.
- Overcome pesky barriers like broken drawers, (fix them or get new, to keep things flowing.) If you don't like stacking shoes, get a big basket and throw them in as opposed to throwing them on the floor. Ask questions, "What's preventing me from maintaining organization with x?" and then find a solution.
- Maybe you need to treat yourself to something new, dual-purpose furniture works wonders. A bench at the foot of the bed, a storage ottoman, or a headboard with shelves can provide extra space.
- For clothes that are "not quite dirty", but not fresh either, invest in a valet rack, or a simple hook for temporary storage between wears.
- Try hanging jewelry and handbags on a feature wall for better viewing
- Only store seasonal clothing under the bed.
- And finally, surround yourself with beauty, and comfort to keep love alive in the bedroom--(the good wild thing)

Maintenance is the solution, discipline is the action, and harmony is the result.

May peace, serenity and love encompass you in your life, and in your bedroom!

Elise