

Organizing, Hoarding and Having Too Much “Stuff”

As a professional organizer for the last 11 years, I have come to realize that most of us just have too much “stuff”. And depending on how much “stuff” you have and continue to bring in each and every day, without eliminating any of it leads to hoarding.

So many people I have worked with in the past hoard a variety of things: books, magazines, clothing, food, food containers, widgets, pens, collectibles, plants, dishes and the latest organizing gadget.

Much like an “anorexic person” who does not see their emaciated body in the mirror, people with a lot of stuff don’t see the big picture. They can maneuver around the house and the piles. Some of them have been doing it for years.

How much is too much, here are some examples:

If you can’t sleep on your bed because you have too much stuff, you have a problem
If you have 3 food pantries though out your house, you have too much
If the food pantry has expired food, you are wasting money each week shopping
If you cannot put away clean laundry and live out of laundry baskets, you have to many clothes.

The list is endless. Look around your home. What do you have too much of?

Hire a professional organizer today. And do not give the excuse that you don’t have the money or time to pay someone. You probably have both, what you lack is the will power to stop SHOPPING and COLLECTING STUFF.

If for the next 6 weeks you stop shopping, and only purchased your food (such as milk, bread, meat, eggs etc...) and gas for the car, you could save enough money to bring in an organizer to help. This means no coffee at Starbuck or Dunkin Donuts, no going out to dinner, no impulse shopping for shoes or books or whatever. What could you save?

Coffee shop, 1 cup of coffee x 6 weeks (42 days) = \$5 cup x 42 days = \$210
Dinner for a couple, say 3 times a week x 6 weeks = \$50 per dinner x 18 = \$900
Impulse shopping say 3 times a week x 6 weeks = \$30 impulse shopping x 18 = \$540
These figures could be higher or lower depending how often and how much you actually spend.

Grand total is \$1650.00. The average profession organizer hourly rate is \$50.
\$1650 divided by \$50.00 = 33 hours, average session is 3 hours. 33 divided by 3 =11 organizing sessions or 11 weeks, you could be on your way to recovery. Most people could find 3 hours a week to work on organizing. If not you hire a professional who can organize for you 3 hours a week.

But you have to practice self-control and give up “shopping” for a while. Finish the following statement. “If I were more organized I could:

- Have my family over for dinner or friends in for barbecue
- Take those piano classes (sewing, or karate) I have always wanted to take
- Let my kids have a sleep over
- Find my missing “items” within the house
- Spend more time in the garden or with my kids
- Go back to school and get my degree
- Eliminate my embarrassment (or self loathing) and realize I can stay organized.

The possibilities are endless. Get started today call Karen Kenney at OrganizingWORKS!
Contact her at 781-275-8915, or Karen@organizingworks.net.