

<b>Larger Issues Affect the Process of Organizing</b>	<b>Vali G. Heist, Author and Certified Professional Organizer®</b>
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It's Thanksgiving morning and as I write my last column of "Organize This" for the Reading Eagle and I'm so thankful for all the positive feedback from my readers. It's truly a blessing to have such a fulfilling career and a special shout out goes to the clients who trusted me to help them organize and unclutter their homes. In Chapter 8 of my book, I explore the bigger issues beyond organizing and here's what my clients have shared with me about those issues:



### **Consumerism and our culture**

A client reminded me recently that "this process is actually so much more than sorting and organizing a closet." Organizing is not only a place for everything and everything in its place; it's about understanding our choices, why we buy what we buy, and that our choices affect our well-being and our future. Clients tell me they shop differently after becoming more organized since they shop at home first before they automatically go out and buy something new. Organizing also helps you embrace your home and become more thankful for what you have instead of wanting more; which is what society teaches us.

### **Overconsumption and our planet**

"Thank you for giving me my home back," said one client after we worked together to empty her home of items she accumulated over the years. Annie Leonard, author of a YouTube video called *The Story of Stuff*, talks about the manufacturing cycle and how our overconsumption is threatening our planet; a quick view of it could change your life. Many of my clients are at the end of the distribution cycle when stuff is obsolete, broke, or just never used and they need help breaking the cycle. Clients learn that every item they bring through the front door has strings attached and as we organize, we also donate, sell what we can, and set up a convenient recycling/donation center so less goes into the landfill and the planet stays a little healthier.

### **Organizing as a way of life**

I commented to one of my clients about how she uses her fine china every day and she proudly said, "I'm as good as company!" This is my mantra for my own home; use the good stuff and enjoy it more than once or twice a year. When I help clients go through their attics and basements to unearth forgotten treasures, we find homes for these new items or let them go so someone else can give them a new life. Having an organized and simple home gives you time to lead a purposeful life because time isn't wasted by looking for things and everything that's useful or brings you joy is front and center. Organizing gives you the freedom to pursue your passions, be idle, or be present and available to opportunities as they arise.

If you aspire to a more organized life, please go to my website for inspiration, tips, and advice. If you need a jump start on the organizing process, read my book to get motivation. Send an email to me at [vali@thecluttercrew.com](mailto:vali@thecluttercrew.com) if you want to be added to my monthly organizing tips email and I'll keep you posted on when my podcasts are ready to download.

Merry Christmas, Happy Holidays, Happy New Year and God Bless! *"May you find luxury in simplicity, light in the darkest places, and may you have blessings that endure in times of change."* author unknown.