

What we see in our personal surroundings communicate with us on a subconscious level. Much of my sense of self worth is expressed in how I maintain my personal spaces. Even small things that I see in my personal spaces communicate and strengthen my feelings about myself. Scattered piles of magazines and papers or dirty dishes stacked in sink and counter are reflecting back to me how I feel in the moment. Spaces like my bedroom floor and clothes closets nag at me in a subliminal way.

Is yours also a MESSY clothes closet? Worse yet are your clothes all over the floor? How does that make you feel? Umm not so good.

Here's a little assistance from Nana's organizing ah hah.

CLOSET ORGANIZING MADE EASY

Would you like to learn an easy way to feel better about your self? Take a few minutes and begin the following new clothes closet sorting habits:

Preparation: If you don't already have separate pants hangers with clips to grip the trousers, buy one hanger for each pair of pants. The kind I find the best is clear plastic shaped like a coat hanger with a metal rod that is slightly rough so that the clips on it stay in position with the weight of the pants. (The other wood, plastic or metal ones with side hooks seem to constantly catch on each other, or their plastic clips are not strong enough to hold onto the weight of the trouser legs).

If you have some wire hangers with little foam covers on them, (the kind you get from the dry cleaners), these hangers really help to grip and keep clothes on the hanger instead of fallen onto the floor. Also get yourself a clothes hamper that fits in the closet or very near the closet.

First: Organize your clothing in the closet by hanging similar clothing into groups. Mine are hanging in groups of all trousers together; all shorts together; all short sleeve summer tops together; and all long sleeve winter tops and sweaters together. Hang all trousers and shorts up by their ankle or leg end on your new pant hangers.

Second: Very important: When you take out an article to wear, if you have sufficient hanging space, place its empty hanger at one end of that group of clothing, or place the empty hangers all at one end of the closet. Do this every time you take out an article to wear.

Third: When you return an item place it on its appropriate hanger to the right of the rest of that group of clothing. You can always find a hanger, now, right? Always place the worn article to the right every time. Now you can tell what you wore last so that you do not duplicate the same item during the work week. Clothes needing attention on laundry day are also easier to find.

Fourth: If the article is a blouse or a shirt hang it inside out. The next time you are ready to do your laundry, check all of the blouses or tops that are hanging inside out. See if they are soiled or whether they can be worn again. If a top can be worn again, turn it right side out and hang it up again.

Since trousers often can be worn several times before being laundered hang them by the ankle end to help maintain the neatness of their leg creases. Or if you think the pants may be soiled and you don't have time to check, hang them by the waist instead. This hanging method is a clue to check the clothes before wearing them again. On laundry day it is easy to locate the clothing that needs to be washed because they are all inside out or hanging by the waist. (Of course if you know the clothes are soiled, place them in the laundry hamper right away).

Something else to consider is that for every new article of clothing you obtain you give away one article that you are no longer wearing. Or at the end of each year notice which clothing articles you have not worn all year and take them to Goodwill for someone else to enjoy.

Try it. It is so simple. It made my life much easier and more serene. I found that once I had changed this one habit I felt so much better about myself. My self esteem had gone up another notch, too.

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