

If closets could talk: from chaos to confidence



Source: Canva

By Jennifer Raftis, CPO ®, Certified Professional Organizer

When you stand in front of your closet each morning, what does your closet say to you? It literally can set the mood for your entire day!

Is your closet a chaotic mess, and after five minutes of rummaging through your hanging clothes, you can't find that blue, sleeveless blouse, give up and wear something else? Then you find the blouse the next day wedged between two pairs of pants? Or are you choosing that sweater you've tried on three times already this month, still don't like the way it looks, but are keeping it anyway because you love the colors and paid a lot of money for it?

Does this resonate with you? Do you end up with a pile of discarded outfit options? Do you dream of a morning where getting dressed is simple?

How can we create an organized closet that gives us confidence and energy when we start our day? The answer is to only have items in your closet that you like to wear, that fit, and you can find.

Where do I start?

There are some organizers that want you to take every item of clothing you own and throw it on the bed. I can honestly tell you that this extreme method would never work for me or any of my clients. Talk about being overwhelmed. ... I suggest a method that has a 100% success rate because it is a manageable process. Follow this "Remove-Sort-Eject" method, schedule it in your calendar, and have a deadline. This process is done with only one category of clothing at a time (jeans, shorts, sweaters, blazers, T-shirts, etc.) so you don't feel so overwhelmed.

Remove-Sort-Eject Method

Before you begin, create boxes with the following labels: Consignment, Donation, Repairs, Recycle, Other Sizes. Start by removing and relocating any clothes that belong in other closets such as coats, rain

boots, hats, gloves, etc. Next, bring out one clothing category at a time.

Look at each item and ask yourself these questions: 1) Do I like the way it looks? (If you don't like the way it looks today, you probably won't like the way it looks tomorrow); 2) Does it fit? (If not, pack it in the "Other Sizes" box and put a date on the box for 6 months from now to try them on. Note: Do not keep clothes in your closet that do not fit; they will never make you feel good); 3) Do I have 15 items in this category but only wear four? (Hello black pants!); 4) Does it have stains, holes, or pills? (If yes, it does not go in the donation box, it goes straight to the recycle box.); 5) Is it sentimental? If yes, keep it ... maybe not in the front and center of the closet); 6) Does it need repair? (If yes, put it into the "Repair" box); 7) Is the tag still attached but you have never worn it? (If yes, give yourself a small pity party for overpaying for a bad purchase, then remove it); 8) Is it out of season? (Can you store these in a container under your bed or on the high shelves of your closet?)

After you have completed the category, hang it on the left side of your closet so it's all together. Seeing your progress will keep moving you forward. (Tip: As you are removing the items you no longer want, keep a list of clothes you need to replace.)

When the sorting and ejecting is complete, now you get to arrange the clothes that are hanging.

Your New Organized Closet

There are many, many ways to organize your clothes. Here are the two I use most often: 1) Type of function: work, formal, exercise, casual, comfy, etc., then by color; 2) Type of clothing such as pants, button down shirts, blazers, long sleeve, short sleeve, etc. Then by color.

... continued on Page D10



Source: Canva