

Julie Morgenstern - Organizing

Episode 3



Power of Moms
A Gathering Place for Deliberate Mothers

Julie was not always a professional organizer and time manager—before she was a mother she was a bit more of a creative genius than an organizational guru. She was notoriously disorganized and her room was stacked floor to ceiling with tidbits of creative inspiration. When Julie became a mother it was then that she realized that her disorganization affected more than just herself. It was difficult for Julie just to get out the door and take a walk with the baby. Julie calls parenthood a “time management disaster. But she has a few tricks and suggestions to help deliberate mothers.

- Mothers who want to be flexible and spontaneous—do not fear! Organizing is going to help you live in the moment and free your creativity. It is not going to squelch your creative juices! Organizing your home is going to automate certain functions in your home, which will free up time, allow you to be more present with children, and pursue those nourishing activities that deepen our lives.
- Start with your physical space, and then move onto time management. Begin with just one space in your home or your life, such as a bathroom, handbag, diaper bag, refrigerator, or entry hall. These areas could be conquered in a few hours. Just start small. If you need a guide as to how to organize, turn to Julie’s book, “Organizing From the Inside Out”.
- Shed the things that you don’t need. For more information and help in this step, look to “Shed Your Stuff, Change Your Life”.
- After your physical space begins to take order, turn to your time. The first thing that everyone should do is get to some consistent planner system. Julie has designed a planner called “Balanced Life Planner”. Studies have shown that people really prefer paper based planners, but do some research and find what works for you.
- Time estimating is essential to conquering “to-do lists” and feeling the satisfaction of completing those. Utilize this in your planner system.
- Recognize that digital communications, social networking, email, etc. is scientifically addictive. Our children, babies, and significant others can feel when we are distracted by our electronics. It is crucial that we break the addiction to our digital devices to live more deep and deliberate lives. Julie suggests two different ways to do this.
- Identify one or two activities that you don’t feel you have time for but you think would nourish you on a deep level. Label one time a day or a week that you protect as sacred time dedicated to that pursuit. Take at least an hour for this pursuit, and you will find that this will fuel and sustain you to be a better mother, wife, and person.

- Organization is a life-long skill. Take one piece at a time—organization is not an all or nothing proposition. Mothering a tough job, so don't be hard on yourself. Organizing is not going to happen overnight but it is worth every minute you spend on it.

Other Sources:

Organizing from the Inside Out, Julie Morgenstern

Shed Your Stuff, Change Your Life, Julie Morgenstern

Never Check Email in the Morning, Julie Morgenstern

<http://juliemorgenstern.com/>

<http://www.levenger.com/PAGETEMPLATES/PREVIEWCOLLECTION/ProductCollections.asp?Params=category=326-1292|level=2-3>