5 Ways to Organize Your Life

Now you’ve learnt the benefits and the kind of habits that can help you to stay organized, it’s time to look at actual ways to start doing it.

How can you organize your life and where on earth do you start? It may seem overwhelming, but here you’ll discover 5 ways to organize your life that you can start doing today.

1. Adopt the “one-minute” rule

The one-minute rule, made famous by Gretchen Rubin in her Happiness podcast, is genius. It’s largely designed to make cleaning the house easier, though it could also be used to help in other areas too.

It basically involves looking for tasks which can be completed in one minute or less. If we use housework as an example, it could be emptying the bin, putting a load of laundry in or cleaning a worktop. They’re small tasks which take very little time to complete.

Generally speaking, most of us put things off because we feel we don’t have the time. However, by splitting tasks down and following the one-minute rule, it gets things done without it feeling like too much effort. You could have your keys in your hand, ready to head out of the door, and take one minute to do something small before you go. Try it – you’ll be surprised how much more you get done with this great one-minute rule.

2. Start using a money management app

Of course, life organization isn’t all about cleaning! It involves every aspect of your life, including money management.

If you tend to have trouble looking after your finances, a money management app could be just what you need. It will help you track your incomings and outgoings, as well as everything you spend. You can then use this to determine where you need to make changes.

Tackling your finances and becoming more organized can help to save you a significant amount of stress.

3. Focus on 3 important tasks each day

A great tip to becoming more organized is to focus on 3 important tasks every day. That is, the 3 things you absolutely want or need to achieve in that day.

You’ll typically find, once you’ve completed these tasks, everything else falls into place too. It helps because it keeps the number of tasks you need to achieve small, making it much easier to actually tick them off. As you do so, you’ll feel much better about your day and it will start to become a habit which leads you to a more organized life.

4. Make sure everything has a place

It’s pretty tough to become organized if nothing has a place. So, take a walk around your home or office and see whether there’s a place for everything.

You’ll want to make sure that similar items are kept together. If you currently have numerous types of items in the same drawer for example, it’s going to prove tough to find what you actually need. So, creating set places for everything you own is one of the first things you should do before you can even attempt to lead an organized life.

5. Stop neglecting your mental health

Finally, even the best organizational tips aren’t going to help you if you neglect your mental health.

Developing a more organized life means also addressing any mental health issues you might have. Sif you’re prone to depression, it’s going to be hard to stay organized. So, you’ll need to try and manage your depression beforehand.

You can find all kinds of apps which can help with mental health issues. Exercise is also great so adding exercise into your life if you don’t currently do any, is going to go a long way to helping you become a more organized person. You could also take up a new hobby to keep the mind distracted. Once you get on top of your mental health, you’ll find it easier to develop healthier, more organized habits.

There are so many ways to organize your life and the above are just 5 to get you started. You’ll find that once you’ve managed to get into one habit, you’ll find it easier to get into another.

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Complementary Blog Post: 5 Ways to Organize Your Life

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You’ve discovered the benefits of life organization and you now know some of the habits to help you on your way. However, when it comes to actually starting to organize your life, it can be difficult knowing how to start.

There’s a lot of ways you can start to become more organized. The trouble is, with so much advice on offer, it can become overwhelming. That’s why it can help to start with just 5 tips at a time.

In today’s blog, I’ll show you 5 ways to organize your life right now. If you’re looking for a good starting point, you’ll want to check out this post.

LINK

You’ll discover the genius one-minute rule and how it can help to transform your home with minimal effort. You’ll also discover how focusing on just 3 tasks per day can help get you into a more organized flow. Plus, see why getting on top of your mental health and dealing with your finances are crucial to a more organized life.

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**5 Ways to Organize Your Life Social Media Posts**

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1) Struggle to keep the home organized? Gretchen Rubin’s one-minute rule can prove invaluable.

Taking just one minute out of your day to complete a quick, simple task such as cleaning a counter or putting in a load of laundry, gets the home cleaner throughout the day with minimal effort. Try it, you won’t regret it!

2) Get on top of your finances and become more organized with a money management app. Enabling you to see exactly how you spend your money, gives you a great idea of where you need to make changes.

3) When trying to become more organized, creating a list of 3 important tasks to complete each day can help. These tasks should be easy to achieve, and they really help to get you into a habit of doing things, rather than putting them off.

4) You’ll struggle to become more organized if nothing has a place in the home. Make sure you have a place for everything so that when it comes to putting things away, they don’t end up mixed and matched and difficult to find.

5) It’s hard to be an organized person if your mental health isn’t on track. By focusing on any mental health issues, you have, it will make it much easier to get things done and maintain a more organized schedule.

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1) Few things can help to keep you more organized than the one-minute rule LINK

2) Get on top of your finances by utilizing a money management app LINK

3) Setting 3 important tasks to be completed each day can make you more organized LINK

4) To become more organized, make sure everything has a place LINK

5) You can’t organize your life until you get on top of mental health issues LINK