



# Organise Your Home

De-clutter,  
De-stress

*MaryAnne Bennie*



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**De-clutter, De-stress**

**MARYANNE BENNIE**



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## About the author

**MaryAnne Bennie** is Australia's organising guru. She began her professional organising career after realising that being organised was one of the most valuable, transferrable life skills a person could possess.

In this book, MaryAnne introduces readers to the in8steps system and shows how easy it is to apply these steps to totally reorganise the stuff in your life and turn houses back into homes. As a wife, mother and businesswoman, MaryAnne fully understands the struggle to juggle home, office and life. The in8steps system is tried and tested and, if followed, will work for everyone regardless of how much stuff or space they have.

Prior to becoming a professional organiser, MaryAnne was a senior lecturer at a leading Australian university. She holds a Bachelor of Education and Master of Business.

MaryAnne's organising expertise is regularly featured in newspapers and magazines, and on websites and radio. She motivates and inspires people, and fully equips them with the information and tools they need to organise their homes, their offices and their lives.



# Introduction

Well begun is half done.

**Aristotle**

Regardless of where we live or what we do, we acquire and accumulate items meant to enhance our quality of life. We call these items our possessions, our assets, our things or our stuff. These items come in the form of furniture, clothing, entertainment equipment, tools, cookware, crockery, cutlery, supplies, food, glassware, ornaments, artwork, books, transport, technology, appliances, footwear, paperwork, sports equipment and toys. And that just names a few! When in balance, these items are useful and appreciated: they support us in our endeavours and make life easier and more comfortable.

We have an infinite capacity to bring stuff in, but we have a finite capacity to store our stuff. *Everything is competing for space.* Everything needs to earn its right to stay! When something doesn't have a home, it's homeless. Because homeless items have nowhere specific to live, they live anywhere and everywhere. They line the hallways, park on benches, slide under beds, perch on cupboard tops and hide in corners. Then they breed like rabbits! Before we know it we have a house full of mess and the resulting chaos has a detrimental impact on our quality of life.

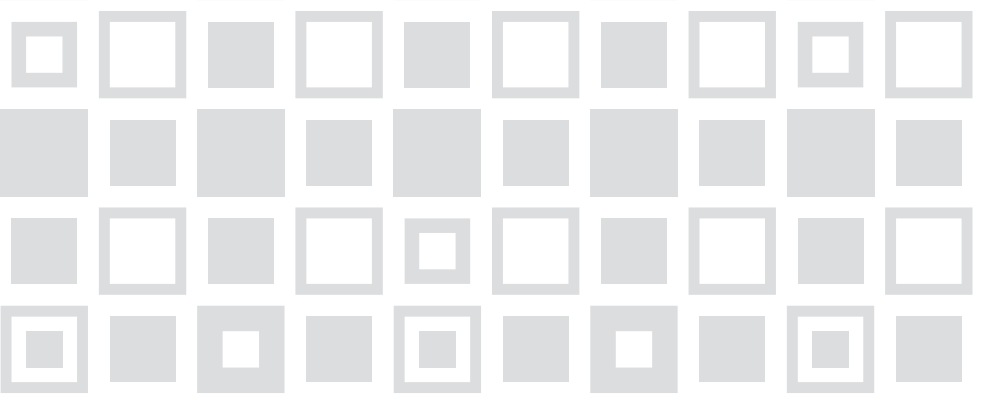
We think more storage will solve the problem so we add cupboards, shelving and containers. Some of us renovate or put on an extension; others relegate the car into the driveway or the street and use the garage as a storage solution. When desperate, we may resort to the 'out-of-sight, out-of-mind' storage technique and rent off-site storage to deal with the excess. If only we had a bigger house, everything would be fine!

Our possessions should support us and our lifestyle. They should reflect our personality and style. They should bring us happiness, not despair. Why, then, do we find the things we took so much pleasure in acquiring are now suffocating us, causing us misery and wasting our precious time?

Sadly, some of the things we acquired on past shopping expeditions no longer have their magnetic appeal. Our love affair is over!

The in8steps system helps you to reassess your relationship with your stuff. It shows you how to decide what stays and what goes, and how to efficiently store what remains so it's ready and available when you need it. The delicate balance between your stuff and your available storage is restored. In this new relationship, your stuff will support you now and into the future. But when the time comes to part company, you will know how to gently break the news. The in8steps system will show you the way.

So climb on board. Ready or not, here we go!



## Chapter 1

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# Masterclass 1: setting up for success

Vision without action is merely a dream.  
Action without vision just passes the time.  
Vision with action can change the world!

**Joel Arthur Barker**

## **In the mood**

Remember the last time you went on a trip? You did some planning, chose a destination, set the dates, decided how to get there, booked your accommodation and set aside some spending money. You really got in the mood. You imagined being in new places, meeting new people and having new experiences. That's how I want you to feel about this trip to your new destination of being organised. I want you to see, feel, smell, hear and taste it. I want the excitement of it to be pulsing through your veins throughout your journey.

Complete the following three exercises to get you in the ultimate organising mood.

## Exercise 1: be organised

What does being organised mean to you? Is it having a place for everything and everything in its place? Is it not being embarrassed if someone pops in? Is it having time to do all the things you have been putting on hold all these years?

### Visualise it!

Imagine you had a crystal ball and you could see your organised future. What would you see, smell, feel, taste and hear? Take a few moments to visualise and experience your organised future through your crystal ball. Visualise every room in your home in its organised state and ask yourself these questions:

- ✓ What do I see?
- ✓ How does it smell?
- ✓ What can I feel?
- ✓ How does it taste?
- ✓ What can I hear?

Now close your eyes and answer the questions.

Write your responses for each room in your notebook.