



## 7 Habits for a Tidier Life

by Lydia Koehn on January 5, 2017 Home Improvement

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Habits can be hard to form and even harder to reverse. If you had a cluttered childhood, the tide can feel forever turned against you in your quest to [maintain a clean house](#). Don't surrender yet to life among the mess, but grab your bins and labels and follow in the footsteps of these tidy pros.

### Make the Bed Every Day

Your mom really did have a reason for requesting that you make your bed in the morning. The most successful habits are generally started with little steps. This simple routine builds the foundation for a host of other tidy habits. Mastering this small success will build the confidence that you, too, can become a cleaning machine.

Typically one of the largest furnishings in the bedroom, the bed throws its weight around in the cleaning conversation. "I can't point out another thing that makes your bedroom look as untidy as a messy bed," says Harriet Jones, cleaning and maintenance supervisor for [Go Cleaners London](#). Just like putting on a fresh shirt can transform your outfit and perspective, pulling up your sheets and tucking in your comforter can change the mood of your bedroom from messy to neat. So use your bed for sleeping only, not for extra dresser space.

## Clean on the Go

Mountains of mess often begin as quite manageable molehills. This principle can apply to any area of your home. For many professionals, dressing for work each day leaves the bedroom floor a disaster, littered with mismatched shirts, socks and sweaters. Save your weekends from large-scale cleaning interventions by rehunging unused clothes right away and by tossing dirty outfits in the hamper before you dive into bed.

Organizing guru Rachel Rosenthal of Rachel-Company.com recommends unloading and putting away groceries and packages as soon as they're carried through the front door. "It's so easy to leave them in the entryway or unpack partially, but getting the bulky bags and boxes out of the way will reduce the visual clutter and make you less likely to add more to the pile," she says.

## Find a Home for Everything

“A place for everything, and everything in its place,” reads the maxim from “Mrs Beeton’s Book of Household Management.” Not having a place to put things is the opposite of tidy. “Create a home for every item,” advises Kirsten Fisher, founder of Imagine Home Organization, LLC. “If it doesn’t have a place it ‘goes,’ it will sit out and create mess,” she adds.

Think you [don’t have enough room](#) to store everything? Think again, and more strategically this time. Take some time to survey each room and think about how the space is being used. You might need to purchase some items to structure a system for organization. Still feeling crowded? Test-drive the next tidy habit below to free up space for your belongings.

## Use the Trash Can

Jamie Novak of Novak Organizing LLC has tons of trashcans and uses them regularly. “Lots of messes are just trash or recycling that needs to be tossed,” she says. Make it a game with your family or roommates to fill up one trash can or recycling bin a day. With this practice, discover the comfortable space between having too little and holding onto too much.

