**Sahina’s Multi-faceted Definition of Organizing**

**Being/Getting Organized is:**

~ the process of creating environments that allow you to ***live, work and relax*** ***exactly as you want to.*** It’s about ***fully owning your space*** and finding out what works best for you.

~ ***being able to find what you need, when you need it*** (without wasting your energy in the process)

~ ***being happy in your environment!***

~ a way of ***taking care of yourself***, a ***gift*** to yourself. It’s ***not*** ***about punishing yourself*** for all the things you’ve collected over the years or for the mess you’ve created!

~ arranging your environment so that it ***reflects and encourages who you are, what you want and where you’re going***

~ ***a gateway to your higher goals.*** It’s not the final destination. It enables you to achieve your higher goals more easily. In order to succeed in organizing, you need a ***compelling reason –*** something beyond clutter control ***–*** that you’re trying to reach. Ask yourself why you want to get organized? ***what’s the ‘big picture’ goal***?

~ it’s about ***being ready*** ***for any opportunity*** that comes your way

~ ***loving yourself*** enough to let yourself enjoy a ***happy, harmonious relationship with your physical space***

~ ***fully******owning your power* –** rather than giving it over to inanimate objects!

Please note, some of these ideas are adapted from Julie Morgenstern’s book ‘Organizing From the Inside Out’.

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