



### What can you do today?

It's time to organize the clothes closet. You have 15 minutes to do it! What can you do in 15 minutes? Grab a box before you start. You can move garments so that all tops are together, pants together, long items together, etc.. What works best for you? Do you color code your clothes? As you do this organizing, put the clothing items that you have not worn in the past 18 months in the box—you're not going to wear them any more . Trust me! Now change the hangers and make them backwards—this will allow you to start fresh. As you wear the item, return it with the hanger facing the right direction. All the hangers facing the wrong direction after a set amount of time — you need to get serious about giving away!



### Time to Get up and Move

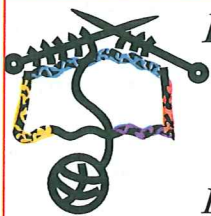


No, we can't do it all at once. Pick a clothing storage area—and if it needs to be only one part of that area like a shelf in the closet—that's fine. (it's okay to start small.) Grab your box again! Look at items for 'how it fits', 'how's the style', (if you're a sewing person, "how's the fabric?")

Be serious about de-cluttering the clothes, so when you look at items, you can answer the above questions honestly. And although it may be difficult as the new fall season is upon us, try to adhere to the one-in one-out rule. And if you can do more than one-out, then certainly give it a try. Put on some music while you're doing this and move around a little. Getting in physical activity is always good and doing it while you work , makes the effort even more satisfying.

Be careful not to de-clutter your favorite things by accident—I know somebody who did this and missed things for over a year!

If you have something to share with other 'Divas' —don't be shy. Contact me by email and share your story, tip or idea at [mhixson@uky.edu](mailto:mhixson@uky.edu)



### **Knitting It All Up...**

*Since this newsletter has focused on clothing, it has made me take a serious look at my clothes and what I need to do in the De-cluttering department.*

*It's hard to be ruthless in the clothes closet! Just recently I have been shopping. And although I try to follow the one-in one-out rule, it's still a chore to 'recycle' some of the old. It really is a good rule—if you bring something in, you must take something out! I think I'm in trouble—the fall season seems to be abundant in dark browns and yellow golds—2 of my favorite colors to wear! So KUDO's to all my Diva Buddies that can follow the one-in one-out rule and I'll see you next month, (I'm going to work on the one-out end of the rule!)*

*Mary*