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totally orderly, llc

"Organize your way to success."

April 2008

Help! I Think I'm a Hoarder!

I've just returned from Reno, Nevada where [NAPO](#) hosted it's 20th Annual Conference & Organizing Expo - 800 professional organizers in one room, cracking themselves up with neat freak jokes. Peter Walsh, host of Clean Sweep and author of *It's All Too Much* and *Does This Clutter Make My Butt Look Fat?*, was our keynote speaker. Walsh is the Aussie who made professional organizing a household name (thank you, Peter!) when he helped a hoarder clear out her house on the Oprah Winfrey Show.



Danielle Liu with Peter Walsh in Reno 2008

Shortly after the Oprah shows aired, my phone started ringing with cries of: "Help! I think I'm a hoarder!" Fortunately for most of us, a healthy shoe collection does not a hoarder make. Still, understanding your own challenges with disorder is key to getting the help you need.

Situational Disorganization is a problem for most of us at one time or another. Our lives are in disarray as a result of our current situation. A new baby, job loss, planning a wedding, and moving into a new home are classic examples. Assuming you have basic organizing skills, order will return once you move through or adapt to the situation.

Chronic Disorganization is characterized by a lifelong struggle with disorder, with an adverse impact on daily living, despite attempts to change. Judith Kolberg, author of *Conquering Chronic Disorganization*, says chronically disorganized people do not respond to traditional organizing techniques but prefer solutions that respond to their creative personalities.

Compulsive Hoarding is the acquisition of and failure to discard mass amounts of possessions that seem useless, rendering your livable space useless according to R.O. Frost, author of *Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding*. Decades of newspapers, margarine tubs, and plastic grocery bags are common collections for hoarders. Hoarding causes significant distress to the

person and can lead to family alienation, and even danger, as evidenced by two local fires in overly-cluttered homes.

http://www.kgw.com/news-local/stories/kgw_041708_news_milwaukie_house_fire.7193ccff.html

[Cluttered house ignites, makes firefighting difficult*](#)

Chances are, you're not a hoarder. But even Chronic Disorganization and Situational Disorganization can cause a fair amount of distress. If you need some help with any of these issues, please contact me today at [Totally Orderly](#). I am a specialist in Chronic Disorganization and would be happy to help. I've also noted some great links below if you're seeking more info on compulsive hoarding and chronic disorganization.

Great Resources!

Check out these websites for more information on situational and chronic disorganization, as well as compulsive hoarding.

National Study Group on Chronic Disorganization (www.nsgcd.org)

National Association of Professional Organizers (www.napo.net)

Children of Hoarders (www.childrenofhoarders.com)

Time and Paper - Conquer them Both!



If you missed my January and April "Ask the Organizing Expert" column in the *Lake Oswego Review* and *West Linn Tidings*, you can read them both [here](#). In January I likened [paper management](#) to building a factory in your home. By moving paper through the necessary processing, storage and production zones, you can conquer paper piles once and for all!. In April I tackled [time management](#), my own greatest challenge. Check it out for some of my favorite tips.



Enjoy your day, and thank you for your business!

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July 2008

Let Freedom Ring

Last summer I traveled to Philadelphia. I explored the rooms where our forefathers hammered out the details of the Declaration of Independence and the Constitution. Touristy - yes , but profoundly humbling. Today we're free from slavery and oppression; we have freedom of press and religion; we're free to vote and speak our minds. And yet - many of us feel trapped in our own lives.



Organizing your life is embracing your freedom. Have you ever felt like your life would be more meaningful if you could just get organized? Our homes are cluttered with unwanted items, our calendars are cluttered with undesirable tasks, and our portfolios are cluttered with debt. Our forefathers fought hard for our freedom. We owe it to ourselves to take back that freedom.

Here are some quick and easy ways to embrace your freedom:

Free yourself from junk mail:

www.dmachoice.org

Free yourself from credit card offers: www.optoutprescreen.com

Free yourself from telemarketers: www.donotcall.gov

Free yourself from old electronics: www.freegeek.org

Free yourself from furniture and basic household items: www.oregoncommunitywarehouse.org

Free yourself from excess clothing: www.dressforsuccess.org

Free yourself from any good quality donation:

www.doughnationservices.com

Free yourself from disorder, clutter, struggles with time or project management: www.totallyorderly.com

In a couple days we'll celebrate Independence Day. We'll light fireworks and listen to our favorite patriotic songs and our hearts will fill with pride as we reflect on and appreciate our freedom. This year, say thank you to all the men and women who have fought for our freedom, by embracing your own freedom. Happy 4th of July!

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Are You Having a Summer Garage Sale?

I write a column for the *Lake Oswego Review* and the *West Linn Tidings* called "Ask the Organizing Expert." Last month my column focused on organizing a successful garage sale. Here's a sneak peak:



I love a garage sale. Not going to one, but - call me crazy - hosting one! For 12 straight years I've humbly displayed my clutter on the driveway, traded it for cash, and then basked in my clean and fresh home, free from unloved and unused items. But garage sales are labor intensive, which begs the question: are they worth it? They certainly can be. A weekend garage sale can fetch hundreds if not thousands of dollars. As with most adventures, though, a little organization goes a long way. Follow these five steps and you'll be on your way to garage sale success. Click [here](#) for the rest of the column.



Good News for Totally Orderly

I have some very exciting news to share with all of you. Last January I sat for an exam to become a board certified professional organizer. I am now one of only eight certified professional organizers in the state of Oregon.

"The CPO® credential acknowledges that Danielle demonstrates proficiency in the core competencies of her profession, has established herself as an authority in her field, has made a serious commitment to the work she does and has pledged to uphold an industry standard of excellence for Professional Organizers." - *The Board of*

Certification for Professional Organizers

I am very proud of this accomplishment. In addition to this credential, I am also a specialist in Attention Deficit Disorder (ADD) and Chronic Disorganization (CD) - two conditions that can wreck havoc with your ability to stay organized. I will continue to keep abreast of the latest techniques in time, paper and project management so I can provide you with the best possible service.

Enjoy your day, and thank you for your business!

Danielle Liu, MPA, CPO

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October 2008

Money, Money

Money - it's on my mind. It's on your mind. We're united in one sad fact - nearly all of us have less than we did a week ago. So let's get organized, and save some money. Try these simple remedies:



Organize Your Bills and never pay a late fee, penalty or miss a valuable rebate again.

Organize Your Workspace to improve your productivity. Keep your name off the top of the layoff list!

Organize Your Home Maintenance Take good care of your largest asset. The market will rebound some day, and you'll be glad your home is in good shape.

Organize Your Garage and make room for your automobile. It doesn't make sense to protect your clutter at the expense of your valuable car.

Organize Your Calendar Make time for inexpensive family outings.

Organize Your Children with chore charts and an allowance. Teach them to save, invest and earn money.

Organize Your Taxes Make sure you have receipts to maximize your deductions.

Organize Your Menu Shop purposefully and eat at home. Dining out is an easy expense to cut.

Organize Your Closet and see what you have before investing in a new fall wardrobe.

Some of these tips may seem easier said than done. If that's the case, give me a call. [Totally Orderly](#) guarantees you a positive return on investment. Now that's a risk worth taking!

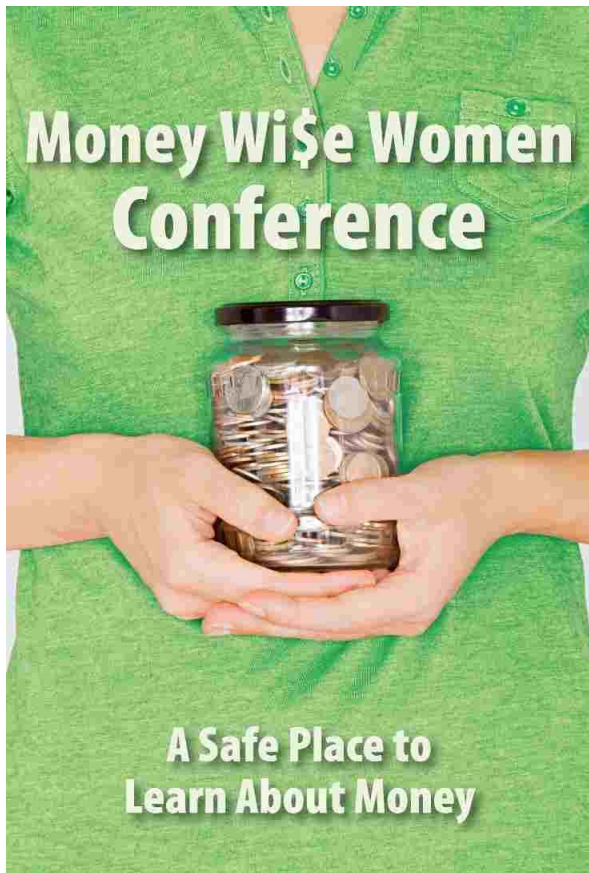
From Shoebox to File Cabinet



If you missed my "Ask the Organizing Expert" column in the *Lake Oswego Review* and the *West Linn Tidings* last month, here's a sneak peek:

The state of our economy is enough to make the most seasoned investor anxious. Unemployment is up, housing prices are down, and there's no end in sight. It's no wonder we're asking: "What should I do?" I have no credentials in money management, but I know how to organize, and as I've said many times before: a little organizing goes a long way.

The days of tracking your finances by ledger are long gone. Today we have numerous resources available to help us see the big picture, all with the click of a button. Starting with a little spending adjustment, these are the steps I would take to organize my money... Click [here](#) for the rest of the column.



Money Wi\$e Women Conference

Here's a great opportunity for anyone looking to learn more about wise money management. The Money Wi\$e Women Conference is a bargain at just \$39 for a full day of 3 keynotes, 12 breakout sessions, lunch and a copy of Marcia Brixby's book *The Money Therapist: A Woman's Guide to Creating a Healthy Financial Life*. I will be presenting a breakout session on Organizing Your Financial Paperwork. You can register online at www.moneywisewomen.net.

Money Wi\$e Women Conference
Saturday, November 1, 2008
9 AM - 5 PM
PCC - Rock Creek Campus

Enjoy your day, and thank you for your business!

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