

HOME

SWEET

Your Home. Your Garden.
Your Lifestyle. Your Magazine.

Chicago

FREE! Everything for the way you live in Chicago and the suburbs

Jun/Jul 08

Your Summer Garden!

*Lots of ideas for your yard
and your trees*

Moving?

We'll help make it easier for you

Follow our

Renovating Couple

As they begin their journey

More Great

Green Information

Clear Corner



Jane is a certified professional organizer and certified relocation transition specialist and combines her past experience as an educator, corporate consultant and life coach to help clients gain clarity and control over their space, paper and time. You can also write her with your questions and clutter challenges which may be featured in an upcoming issue. info@cluttercoach.com. Check out Jane's website at www.cluttercoach.com.

Managing a Move with Jane Carroo

Are you getting ready to move this season?

Many people find it less disruptive to move during the summer months—especially those with children and when school is not in session. According to the Employee Relocation Council, moving is the third most stressful life event (after death and divorce). We'll explore some tips and ideas here to help make your transition a bit less stressful.

Change is Hard

Even though many of us are loath to admit it, change can be upsetting, unsettling, and scary. Long dormant conflicts can come to the surface. You'll need to learn to do things differently and begin a new routine. It can feel like leaping off of a cliff into the unknown.

Remember though, change can also be liberating!

Plan Your Move Date

If you can, plan it several months ahead. Call the moving company as soon as possible if you're going

to use one, and get on their schedule. Get recommendations if you don't have one already in mind. Step back and make a plan. Some people even find the thought overwhelming—so face it now! A transition is coming, get yourself ready, or better yet, *keep* yourself ready and you won't have to worry about it. What a feeling of freedom. If you could streamline your life, think of how free and easy you would feel. It is possible to have a manageable amount of *things*.

Create a Vision

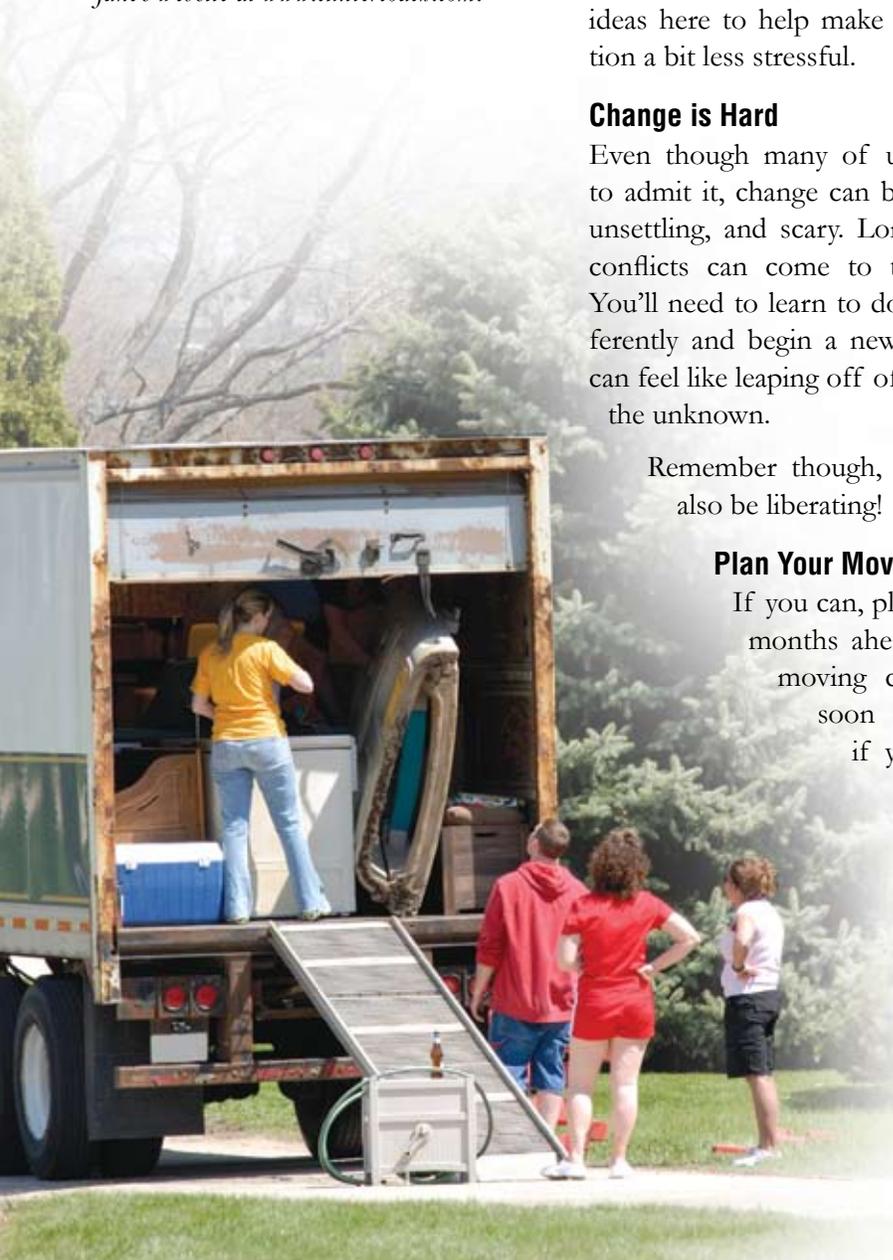
Sit down with yourself and create a vision of the new space. Ask yourself questions, you might even want to keep a journal. Here are some to get you started:

- What do I want this new space to look like? Feel like?
- Is it the same style as the house I'm in now? Will the scale of the furniture work in the new place?
- Is it larger or smaller than my current home?
- What about the color scheme?
- Have my tastes changed?
- Have my needs changed?

Do a little space planning. Will your kitchen table fit in the new place, or will you need a new shape?

Take stock of each room and be as detailed as you can.

From this list, you'll begin to determine what's going with you and what isn't. Whatever won't fit your idea for the new place, you may consider selling or donating ahead of time instead of moving the items.



Dash and Ditch!

My best advice is to dive in. Fast and furious. Don't think about it. Just barrel through the house with boxes and donate, give away, etc. but just fill these boxes and get the stuff out of the house before you change your mind. Do as much as you can— one room a week is even great. Don't over-analyze. When you focus on just one thing it's easier than thinking about tackling the whole job at once. Even if you get 75% out— that's a big chunk handled! You probably won't even remember half the stuff. If in doubt about an item, create a box of "in doubt" stuff. Put it in storage or in the garage. If you go 6 months without missing it, donate! This will give you a huge head start before the next step. Even if your move is a year or more off, you will pat yourself on the back later if you get rid of the clutter and unused items now.

Be sure to donate as much as you can. There are many who need the stuff that you aren't even using anymore. The list at the right will help if you need ideas as to where to turn. A lot of things are tax deductible! There are also a lot of other resources you can find online.

Small Steps

You can start packing some items as you're clearing things out, or soon after. It's a good idea to pack heavier items in small boxes and lighter items in larger boxes. Number each box and label them by room.

Fill out the address change forms at the post office, and update your other important documents that include your name and phone number (driver's license, etc.)

I always suggest moving your valuables yourself. If something is irreplaceable, these things should be transported by you or a family member. Pack a suitcase with your necessities so you don't have to search boxes on the day of your move!

And, remember to tell your friends! You can find beautiful postcards at a gift store, and do it in advance so you don't have to worry about it later.

Moving will affect you on all levels, physically, of course, but also mentally and emotionally. If you take the time to think it through at the beginning, get really organized, and do some of the tough stuff right away, you'll find that your move is a much more pleasurable experience! ✂

Donations

There are many places in the Chicagoland area that welcome donations. Here are some of our favorites:

Books

Your local library

SCARCE Scrap Book Rescue Center
(630) 790-4345, www.bookrescue.org

Clothing

Dress for Success, www.dressforsuccess.org
(773) 221-1791

Bottomless Closet, www.bottomlesscloset.org.
(312) 527-9664

Misc: Books, Clothing, Household Goods, Furniture

The ARK, www.arkchicago.org
(773) 973-1000

Amvets, www.amvets.org

Goodwill Industries, www.goodwill.org

Kenneth Young Resale Store,
www.kennethyoung.org
(847) 891-0978

Lambs Farm, www.lambsfarm.org

Salvation Army, www.salvationarmy.org

WINGS (Women In Need Growing Stronger)
Resale shops in Palatine, Niles & Schaumburg (847) 963-8910

Furniture & Appliances

H. O. M. E. (773) 921-3200

General Recycling

GreenDimes, www.greendimes.com
Reduce your junk mail by up to 90%

Freecycle, www.freecycle.org

Connect with people who want what you want to give away or want to give away what you want!

The Resource Center,
resourcecenterchicago.org. Innovative techniques for recycling and reusing materials

www.earth911.org, empowers the Earth's citizenry with community-specific "actionable" environmental information for you to use in everyday life for the purpose of living responsibly by contributing to the solution of sustainability

Transition Tips

What's your vision?

List your motivation?

Create a plan.

Check your calendar.

Break it down into smaller steps.

Schedule time and always build in extra time for unforeseen obstacles.

Enroll assistance from family, friends, or professionals.

Set up a checklist of items you'll need when you get to the new home and pack a suitcase for yourself with all of your essentials. Keep these together and bring them with you in the car.

Don't forget to take breaks and remember to reward yourself and your helpers! A little beer and pizza go a long way— chocolate anyone?



Clutter Coach Company



Do you feel squeezed?

Are you planning to move
or want to transform
your home or office?

Call Clutter Coach at 847-776-8717
or email jane@cluttercoach.com

More info online at www.cluttercoach.com

www.Lake-Side-Cafe.com 773 262 9503

organic
vegetarian
delicious



2007 VOTED
CHICAGO VEGETARIAN
RESTAURANT OF THE YEAR
by Citysearch.com

2006 VOTED
CHICAGO VEGETARIAN
RESTAURANT OF THE YEAR
by Yelp.com



Sun, Tue, Wed, Thu, Fri: 5 pm - 9 pm; Sat: Noon - 9 pm, Mon: closed
1418 W Howard St at Sheridan Rd, Rogers Park, Chicago

www.Lifesurfing.com

773 262 1468



INNER METAMORPHOSIS UNIVERSITY

PARTIES
RETREATS
WORKSHOPS
BELLY DANCE
FELDENKRAIS
MEDITATION

1418 W Howard St at Sheridan Rd, Rogers Park, Chicago