

Professional Disorganizer: A light-hearted look at conquering serious clutter



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Why are we ADHD folks so good at clutter?

Is it stockpiling or hoarding?

Assessing Possession Clutter: The Dark Side of Home

The danger of clutter

Organizing basics: keep it real, make it convenient, make it interesting, make it your own

Why do our organizing system so often “fail?”

Seven practical ways to conquer clutter (even for ADHD types)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Ask the important questions:

1. **Will I ever use it again?**
2. **Where would I look for it?** (*you, not your mom or your partner or your family—YOU*)
3. **Where will I use it?** (*make it convenient*)
4. **How often will I use it?** (*the more often, the closer it lives to you*)
5. **What will I use it for?** (*stuff used together gets stored together*)
6. **Is it the right size for me?** (*too big, takes up too much space...buy new, donate old*)
7. **Will I ever find it again?** (*labels – next section*)
8. **What didn't work last time that I need to fix?**

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Maintaining is hard to do...but why?

New perspectives; hard decisions; promises to keep

Have a Beginners Mind

How to get started (past the overwhelm) ... and keep going

“The secret to success, peace of mind and happiness, it’s in the little steps”

Worksheet printed for session: first steps to your new ADHD-friendly system
(write it down right now – pack it in your suitcase today!)

Dealing with your ADHD impatience to get it done NOW

Resources you can count on (ADHD tested)

To access links to resources, visit <http://addiva.net/get-organized>

With gratitude to the folks who helped me tame (most of) my ADHD clutter

A handwritten signature in black ink, appearing to read 'Linda Roggli', with a stylized flourish at the end.