

Ditch That Clutter & Get Organised – Tips for a lighter, calmer way of life.

'New Year New You' may be getting a little less exciting now than on the 2nd January. The detox beetroot juice is making you gag, the flourless, sugarless, tasteless California fruit loaf needs to go in the bin and the Gym membership is already losing it's appeal.

For another way to stay healthy, feel lighter, and altogether calmer, heading into Spring and Summer, adopt a less cluttered lifestyle with a few tips from local Lifestyle Management company buy:time Sussex, based in Fiveways.

In Fiveways it would be a strange day without a plastic charity bag or two being pushed through the letter box. So every time put at least two items in the bag and leave it behind the door to be put out on the day marked on the bag.

Whenever you bring something new into the house – get something out – recycle, give to a friend, pop in the charity bag, - make the "one in, one out" rule a part of your life.

Use it or lose it – this includes sports equipment, especially the particularly storage-unfriendly tummy flattener, clothes that

don't fit, hobby paraphernalia, faddy kitchen equipment including rice cookers, sandwich makers, juicers. They are all great and useful items to have if you use them, if you don't then out they go. Why not use the Fiveways Recycling Exchange or look for other swap type websites.

Sort out the home filing with 1 x A4 binder with dividers for utilities, council tax, water rates, insurance, MOT etc. Put an index in the front with the contact details of the company and the expiry date if appropriate. For PC literates put the information onto outlook and build in reminders.

In the home keep similar things together and always in the same place e.g. buy nice birthday or celebration cards when you see them. Store them in a box or drawer with selotape, ribbon, paper, bubblewrap, scissors and stamps.

Hope you feel lighter, healthier and calmer in 2007, for further help or advice please call Theresa on 07854008571 or e-mail theresa@buy-time.co.uk. For more information about what we do please visit www.buy-time.co.uk



A million and one things to do and no time to do them?

buy:time

because there's never enough!