

Did you Know that When Your Organized Our Planet Benefits?

The future of our planet begins at home. Our level of organization has an impact, whether or not we realize it, and whether or not we want the responsibility.

Most people would agree that being organized gives you a sense of calm and more time to spend doing the things you love with the people you love. But did you know that being organized positively impacts the planet? As a result of being disorganized in certain areas, we consume more than necessary. For example:

Purchasing a new plastic bottle of mustard while there are one or two half-full bottles hidden in the refrigerator.

Purchasing new batteries because rummaging through your "junk drawer" is a daunting task and you are not sure if the batteries in there are good or not.

Have you purchased a new pair of black shoes or a belt or other item when there are similar items hidden in your closet, which you have forgotten about?

The small things add up. Purchasing duplicate small items, such as plastic bottles of consumables may seem trite, however, not all plastics are recycled and the ones that are, typically are made into non-recyclable products. In addition, recycling plastic consumes a significant amount of energy and capital investment.

On a much larger scale, consider that the average home size in America today is twice as big as it was 30 years ago yet the number of people in the average household in the America has decreased by half. We are collecting and consuming more and more "things" and we require more and more space for all of our "things". The US population comprises 5% of the world's population yet we generate 30% of the world's garbage! According to the Marine Sanitary Service. While recycling and reusing is important and beneficial, consuming less has a larger impact¹.

You can live more comfortably in a smaller space and with less "things" when you are organized. How many duplicate items, such as hammers, tape measures, and so on, do you have in your home simply because you couldn't find it when you needed it so you bought another one? Consider the amount of utilities, land, and other resources consumed by a 5,000 square foot home compared to that of a 1,500 square foot condominium.

Living in a smaller home is not for everyone however, having an organized home (regardless of the size) and life helps reduce unnecessary consumption.

How much less driving could you do if you were organized about your errands and your schedule? How often do you make extra trips to the grocery store or drug store? How often could you carpool or use mass public transportation if you planned ahead?

In addition to protecting our planet, being organized gives you the freedom and time to pursue areas of your life that give you happiness. According to Real Simple magazine, the average American spends 55.2 minutes everyday looking for things². Yikes, that's two weeks every year! Is there anything else you would rather spend your time doing? Maybe take an extra 2-week vacation?

Over the next week, consider what you are throwing away, what you are purchasing and what you are spending your time looking for. You may find that by simply better organizing certain areas of your home and life you and your family consume less, which will have a positive impact on our planet and on you.

About the Author

Professional Organizer Heidi DeCoux, specializes in [organizing paperwork](#) and she is author of The Fast-Filing Method audio program. You can get Heidi's free E-Solutions Kit filled with organizing tips. Heidi's favorite home organization product is the [cable organizer](#), check them out!

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