

NOTHING TO WEAR: HOW TO ORGANIZE YOUR CLOTHES

by Nathalie Pedicelli -
www.OrganizeThriveMonetize.com



1 SIGNS YOU HAVE TOO MUCH CLOTHES

1. Overflowing hampers
2. Piles everywhere
3. Overstuffed closets
4. Daily search & rescue missions to find clean clothes to wear
5. Messy room(s)

2 WHY IS CLOTHING MANAGEMENT SO DIFFICULT?

1. Time blindness
2. Forgetfulness
3. Glitchy Executive Functions:
 - **Activation:** Organizing, prioritizing and activating to work

3 WHAT CAN YOU DO ABOUT IT?

Reduce your collection

1. Use the Quik-Pik Method (see graphic on next page)
2. Get rid of clothes that no longer fit; keep 1 size up or down max
3. Get rid of outdated items like tops with shoulder pads from the 80's

4 STREAMLINE YOUR LAUNDRY PROCESS

- A. **Set a rule for when to laundry**
 - Pick an optimal time to do your laundry (e.g. when the basket is full or choose a day of the week)
- B. Create **central sorting baskets:** Have a white basket and a colored basket

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EXTERNAL CUES TO HELP YOU REMEMBER TO DO/FINISH THE LAUNDRY:

- A. Write it in your planner
- B. Leave the laundry basket in view
- C. Use a wearable timer > time how long each cycle is

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TIPS FOR GETTING LAUNDRY DONE:

1. Create laundry workspace to fold stuff
2. Brighten up your laundry area with fresh paint & decorations
3. Entertain brain; check your to-do's; read
4. Have a bag/box to donate as you go
5. Have a single sock bin to hold them until partners found
6. Sorting bins with each family member's names on it for folded clothes

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PREVENTION:

- A. **Fabric selection;** avoid hand wash only
- B. **Ironing prevention;** avoid linens & others requiring ironing
- C. **Avoid dry clean only**
- D. Use a **laundry service** if pressed for time & you can afford it
- E. **Standardize socks** (same model, same colors)
- F. Avoid hangers
- G. Use Hooks
- H. Have PM routine that includes picking up clothes
- I. Buy in > Donate out

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WHAT TO WEAR TO AVOID AM PANIC:

1. PM routine to pick out clothes the night before
2. Strategic shopping (go less often but for longer time)
3. Buy the same item in many colors
4. Mix & match outfits
5. Create display-like stores to see all pieces are clean
6. Head to toe photo (e.g. top, bottom, shoes, jewelry)
 - Catalog photos in binder
 - Use apps (StyleBook, Combyne, Chicisimo, Your closet to store pictures of outfits)

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CLOSET ORGANIZING TIPS:

PRINCIPLES

1. Divide items by family members in common areas
2. Divatizing your closet space = motivation to keep the look
3. Easy access = easy to put away
4. Compartmentalizing (i.e. use cubbies, divide drawers = max space usage
5. Folding for pretty display = motivation to maintain
6. Label containers

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GADGETS:

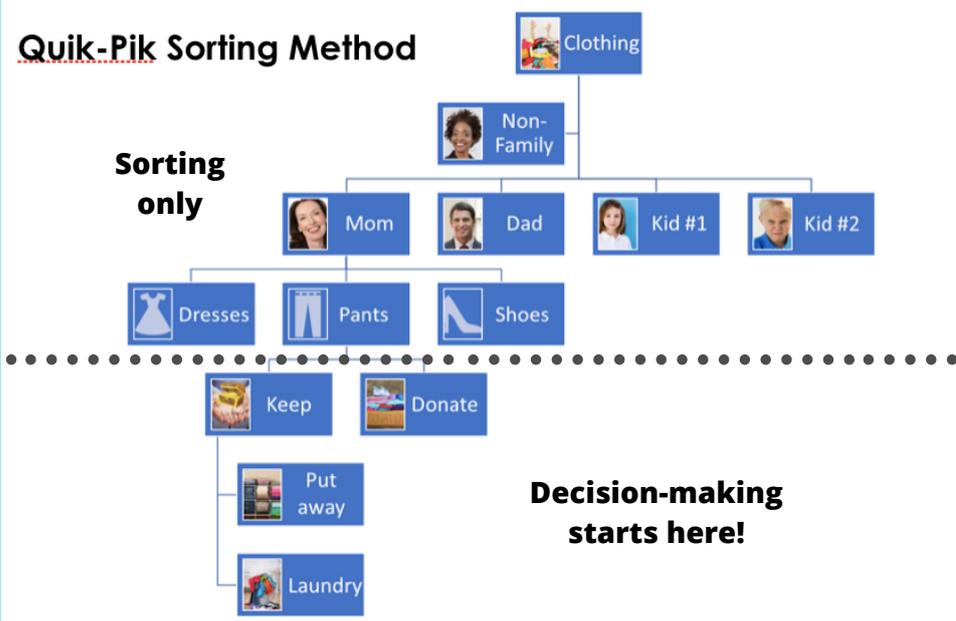
1. Pull-out racks
2. Drawer dividers
3. Hooks
4. Pile separators
5. Cubism
6. Revelation 1: Velvet hangers = placeholders

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ACCESSORIES:

1. Shoes
 - Special shelves, see through boxes
2. Scarves on scarf hangers
3. Belts & Ties
 - Hooks & Cubbies
4. Jewelry
 - Necklaces (Cork board with cup hooks, wall mounted hooks)
 - Use old tea cups or ice cube trays to display
 - Brooches: pin to framed fabric
5. Click [here](#) for the folding video link.

Quik-Pik Sorting Method



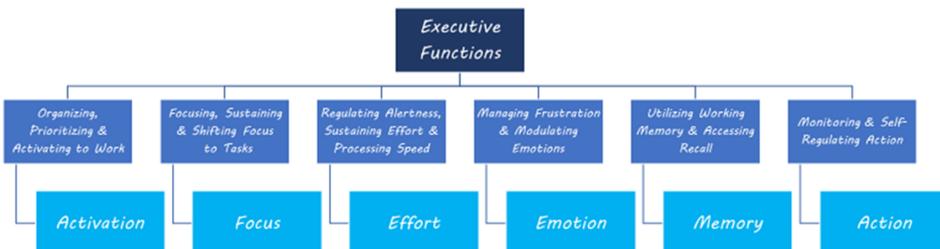
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TRAVELLING

1. Create a permanent checklist of what you bring on trips
2. Have a toiletries bag with duplicates; store toiletries separately from daily ones
3. Packing cubes to contain items (e.g. one bag for tops, one for bottoms etc.)

THE ADHD CHALLENGE

Organize.
THRIVE. MONETIZE.
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Source: Thomas E. Brown, Manual for Attention-Deficit Disorder Scales for Children & Adolescents, 2001

