



## Episode 15, “Organize Me!”

### Organizing for School:

- Read this article discussing various [tips on how to organize you and your kids for the school year!](#)
- Read Michigan State University's article on [getting organized for school, work, and life!](#)
- Look into this article from KidsHealth about [how to get organized at school for teens!](#) Don't be fooled by the title, these tips can be used anywhere!

### Decluttering the Home:

- Check out this article from Forbes detailing [fantastic home organization tips](#) from experts!

### Organization and Mental Health:

- Check out this article from the Alliance for Health Equity that explains [why getting organized is beneficial to your mental health.](#)
- Look at this article from Intermountain Health about [how organizing impacts your mental health.](#)

### Further Reading:

- [Beyond tidy: Declutter your Mind and Discover the Magic of Organized Living: 8 Powerful Principles for Creating a Life you Love](#) written by Annmarie Brogan and Marie Limpert of Organize Me! of NY, LLC
- [Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones](#) written by James Clear
- [Outer Order, Inner Calm: Declutter and Organize to Make More Room for Happiness](#) written by Gretchen Rubin

## Time Stamps:

- 0:50 - How to be organized for back to school (not really)
- 2:32 - Growth mindset and positive psychology (fixed vs growth mindset)
- 6:50 - Coexisting in shared spaces
- 11:50 - Why mindset matters and what being organized means
- 15:50 - Sorting and grouping
- 18:04 - Back to school and distractions
- 22:52 - Portable organizers and caddy
- 27:20 – Dealing with all the extra stuff
- 32:28 – Getting children on board with your systems
- 42:45 – Organization vs control