

This Free E-Book is brought to you by Natural-Aging.com.



CASH IN YOUR CLOSET. How To Turn The Mistakes In Your Closet Into Money In Your Pocket

By Monica Ricci

CASH IN YOUR CLOSET. How To Turn The Mistakes In Your Closet Into Money In Your Pocket by Monica Ricci

CASH IN YOUR CLOSET

How To Turn The Mistakes In Your Closet Into Money In Your Pocket

Do you have hundreds of unclaimed dollars just hanging around in your closets taking up space? Last summer's polka-dot dress and that wool blazer you outgrew. The slacks you bought because they were on sale and the suit that never fit right to begin with.

Sound familiar? We all make shopping mistakes, but why live with them the rest of your life? How can you turn past year's bargains into cold hard cash right now? Consignment!

Consignment stores are popping up everywhere because people know that they can find great bargains on quality used clothing for themselves and their families. The flip side of buying consignment is selling on consignment, which is a great way to clear your closet clutter and make some money in the process.

How you can turn some of your shopping mistakes or clothes you no longer love into money? Follow these simple steps.

Pull each item from your closet one at a time, and separate into one of four piles:

Pile 1: You love it and wear it faithfully, and you like how it looks on you.

Pile 2: You hate it and never wear it, in fact you wonder what you were thinking when you bought it, it doesn't fit, or you bought it because it was "a bargain".

CASH IN YOUR CLOSET. How To Turn The Mistakes In Your Closet Into Money In Your Pocket

Pile 3: You like it and you wear it fairly often, OR it's a key player in a few outfits.

Pile 4: You just can't decide which pile it goes into.

Here are five easy steps to complete the job:

Step One: Once the closet is empty, put everything in the Love It pile back into the closet.

Step Two: Put everything in the Fairly Often pile back into the closet. You should be left with two piles of clothing — the Hate It pile and the Undecided pile.)This is where it gets fun!)

Step Three: Fold everything in the Hate It pile neatly and wish it well, for it will be going on a journey.

Step Four: Go through the Undecided pile piece by piece, and ask yourself truly what value each piece

CURRENTLY gives you.

Warning: Do not get sucked in by the clothing trying to convince you of its value, and reminding you how good you used to look wearing it. Clothing is sly and it will say anything to get you to keep it around. It will remind you of how expensive it was, or that it was a gift from your mother-in-law, but do not fall for these sneaky tricks! You must be strong and objective.

Clothes that aren't serving you need to be culled to make room for those pieces that are valuable. The fact that you are undecided on this pile indicates that you don't love it, which means you should be able to get rid of more than half of it if you're ruthless in the decision-making process. Once you've culled the pile, you should have a whole bunch of clothes that didn't make the cut back into the closet. This is where your secret cash stash is hiding.

Step Five: Call a local consignment store and ask what their guidelines are for consigning clothing. Find out if you must make an appointment to consign or if you can just drop by at your convenience. Ask how the proceeds are split between you (the consignor) and the store, and don't take less than 50%. Ask what happens to your clothes if they don't sell, and do not do business with a store that gives you clothing back if it doesn't sell. Most consignment stores will donate anything that doesn't sell within a certain period of time to a shelter or another non-profit organization.

Step Six: Load up your car and haul the clothes to the consignment store of your choice. When you get back home, relish the new look of your closet!

By following these six easy steps, you'll soon be collecting the cash that was hiding in plain view in your closet.

Monica Ricci has been an organizing specialist since 1999, and her motivational presentations teach effective organizing and simplifying techniques for home and work. She also offers free email tips and ideas on how to make life simpler and more organized. Her topics include clutter control, paper management, time management, organizing space and procrastination. Contact Monica at

770-569-2642 or Monica@CatalystOrganizing.com.

Essential Skills for Managing ADD – Part 2

By Jennifer Koretsky

Essential Skills for Managing ADD – Part 2 by Jennifer Koretsky

As an adult with ADD and an ADD Coach, I have observed some skills that I believe are essential for successful ADD management. Last month, we looked at the essential skill of Practicing Excellent Self-care. This month, let's look at another essential skill: Planning the Time to Plan.

ADDers often find themselves overwhelmed by everyday life. Sometimes, the number of tasks to do at work builds up to the point where you find yourself working long hours to just to stay on top of everything. And sometimes the chores at home, like dishes, laundry, and bill-paying, become so overwhelming that you end up with piles of stuff in every room. These things are common, and there is a simple way to get it all under control: plan.

When you plan to tackle a task, you break it down into simple steps that make it less overwhelming. Here's an example I like to use: closet cleaning. Let's say that you have a closet you want to clean out because it is cluttered and disorganized, and you can't find what you need. There are a number of ways you can approach it. One way is to just dive in. However, chances are that when you open the closet door and see what a mess it is, you may become completely overwhelmed, not know where to start, close the closet door in disgust, and then go watch TV! You'll probably also feel guilty because you think you should be cleaning the closet!

There's a much better way to approach this situation: plan for it in advance. Before you ever open the closet door, set aside 15 minutes that you can use to write down some steps. An example of this might be:

1. Donate or throw out all clothes that I haven't worn in the past year
2. Designate the right side of the closet for work clothes, and the left side for casual clothes
3. Hang belts, scarves, and other accessory items in the middle of the closet
4. Arrange shoes neatly on the closet floor
5. Remove all non-clothing items from the closet

Taking the time to break down the task into 3 or more steps makes the act of cleaning out a closet nothing more than a simple system to follow. It relieves pressure, and often prevents that feeling of being overwhelmed by the mess.

And don't forget to take your planning a step further and actually plan the time to plan! If you know that you have a two hour window on Saturday to clean your closet, turn that time span into 15 minutes of planning, and 1 hour and 45 minutes of cleaning. Chances are you won't even miss that 15 minutes you took to plan because you'll be so organized in your cleaning approach that you won't waste any time when you're in the process!

CASH IN YOUR CLOSET. How To Turn The Mistakes In Your Closet Into Money In Your Pocket

Jennifer Koretsky is an ADD Management Coach who helps adults learn how to manage their ADD

and move forward in life. She offers individual and group coaching, workshops, and skill–building programs. Subscribe to Jennifer's free email newsletter, The ADD Management Guide, by visiting <http://www.ADDmanagement.com/e-newsletter.htm>.



This Free E–Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!