

L I V A B L E S P ā C E S™

ORGANIZING FOR LIFE



Did you know?

"Just recycle it!" This is one of the most common phrases I hear when I organize.

Recycling is a great option to prevent items from filling the landfills compared to throwing those items in the trash, but is it the best way to divert waste? (The reality is only 9% of what we recycle actually gets recycled!)

Reduce, reuse, and recycle has been a phrase used for years since the 1970s. But it seems as if most people focus on the recycling part and forget about reducing and reusing.

So, Which One Is the Winner? Reducing wins.

By reducing the amount you consume, you produce less waste and less energy used to recycle or process waste. The idea is simple and effective. Reducing consumption is the best way to prevent and decrease pollution from going into landfills and the ocean.

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I have worked with people who are affected by chronic disorganization, ADHD, TBI, PTSD, and other brain-based challenges. During my time working with them, we uncover a lot of waste that ultimately ends up in landfills.

Here are a few tips on how YOU can REDUCE and help the planet:

- When your space is organized you will be able to "see" how much you have and therefore you will consume less (inventory check).
- Don't buy what you "might" need, only what you do need, right now. If you won't use the item in the near future, don't buy it.
- Shop for what you need. Don't be fooled by sales. Marketing people are geniuses and make you feel like if you don't buy now, you'll never see the deal again. Not true!

As a professional organizer and environmentalist, I work with my clients to figure out sustainable ways to declutter their homes and minimize the number of items that go to the landfills.

Since 2015, I've helped people like you organize their homes and transform their lives. I specialize in ADHD organizing, aging, hoarding, chronic disorganization, and coaching.

With the right tools, knowledge, and compassion, I will help you get organized so you can live the life you deserve---and help save the planet at the same time!

Are you ready to take charge of your space and your life?

Warmly,

Jen Cazares, CPO-CD®, CVPO™