

THE LITTLE
1
BLITZ-IT
BOOKS

*Has mess moved in and started taking possession?
Is it invading your space, your time, your life?*

Making Living Spaces Livable Again

By Rachael Lear

About this Little Blitz-it Book:

Making Living Spaces Livable Again – are your rooms looking a little *too* lived in? Would you know where to begin if you had to clean up in a hurry? This Little Blitz-it Book is for you: follow the easy stages and you'll be back to loving your living spaces again in no time.

Turn to the back page for a sneak preview into what else is coming up in the Little Blitz-it Book series. Cast your vote and help decide which one comes next at **www.rachbh.com**.

*You are not alone.
This little book was created
because one day the mess was
so bad that the cleaner
threatened to quit.*

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Mess steals our time...

so let's get some of it back!

Mess Memories

You will not believe the change you are about to make with these few steps.

So to remember what ‘before’ was like, it’s time to take a mess memory – to treasure forever the way it was.

Mobile phone cameras are great for this – no accidental printing of these photos with your holiday snaps!

Whatever the current state of your room, it doesn’t matter; in fact, the messier the better! Grab a memory of it as it is, so that you can look back and relish the changes you have made.



1 Take out the Rubbish

Take your rubbish bin or bag with you round the room, and throw away the rubbish.

At this stage, try to resist the urge to touch or move anything else.

Next, go round and collect your recycling. If you can, bring your recycling bin or bag with you as you move around the room.

Again, don't put away, clean or make piles of stuff – that comes later!



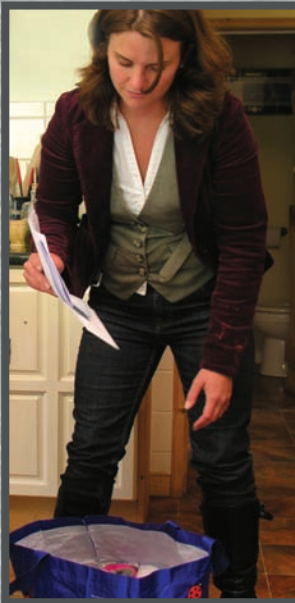
2 Mess Net

A mess net is a container to collect items that don't belong in the room. It can be whatever works for you: a box, a bag, a bucket. I like supermarket re-usable bags – they are cheap, cheerful, easy to hang up, and even easier to carry away.

Now go round collecting the things that don't live in this room and put them into your mess nets. Try to look for the things that have been there for so long you've forgotten they don't really live there.

Resist the urge to put the mess nets away just yet: put them to one side and carry on for now.

Finding more to put in them as you go through the next steps is okay – you might well find stuff you haven't really seen in ages! (NB if you need more mess nets, that's okay too.)



3 Put Away

Put away as you normally do.

Hesitating on where something lives? Leave it for now – you'll be making permanent homes for your things in the next two steps.

Finding stuff that doesn't fit? Cool – same as before, leave it where it is. You'll be able to sort that out too in the next couple of steps.

And however much you are tempted, don't clean yet – we are going to wait until it is easier!

Now it is really important to put away the contents of the mess nets into the rooms where they should live.

Finally, bring back a mess net for your living room, it'll be your new 'sticky home' for the mess that just appears in normal daily life.



4 Sticky Homes

Sticky homes give things a dedicated space to live in that is right for you – importantly, not too big and not too small.

Now it's time to create your sticky homes, so that putting things away becomes easier and easier.

It's okay to use something as a home that you might also need to use as itself every now and again too, like a coaster or a bowl or plate.

Now when something is moved from its sticky home, it leaves a little helpful reminder of where it needs to come back to.

You haven't been tempted to clean yet, have you?



5 Coalescing

Keeping the things you need to use regularly close together saves time, and every little bit helps.

So, what do you tend do most often in this room?

Think through the steps you take to complete that task and imagine a piece of string showing the trail that you've followed. (I actually use real string for this – the kids love it too.) Can you use less string by bringing things closer together?

It's okay to find new homes for some items too, because sometimes the old home just might not work for you anymore.

The next step is up to you. Is there more stuff you use frequently that needs to coalesce? Go for it!

Ready to clean? Not too long now...



6 Room on the Broom

Ever found yourself using a hand (or even a foot!) to steady one thing, while the other hand is trying to reach something else? That is when there isn't enough room on the broom.

Let's start with the things you use the most but haven't found a sticky home for yet.

Make space for these by moving out of the way something you don't use as regularly.

Don't worry about the stuff you use less often being further away: you'll gain time back by having the things you need more frequently closer to hand.

As you keep on making room on the broom, you might just find more things slipping into your mess nets: that's okay too.

Now you can use all the space available where you choose to make your sticky homes. Be adventurous and use the space in any way that works for you!



7 Sparkle

Now you can clean!



8 Pretty as a Picture

Time to make your picture perfect. Everybody's perfect picture is different – you will find out what works for you.

You can make more sticky homes for the things you decide to put into your picture.

Sometimes a little mess net is needed to help keep the picture the way you want it.



9 Relax

And enjoy it. You deserve it.



Biographies

Rachael Lear runs a consultancy firm that helps businesses operate in a lean, waste free and really productive way.

She is also a mum, a wife and an awesome mess maker. With the help of two kids, a husband and a large muddy hound (who all excel at producing mess too) life can get, well, a little stressful.

This book was created because one day the mess was so bad that the cleaner threatened to quit.

Keep in touch with what Rachael is doing at www.rachbh.com.

Jakki Abrey has a day job designing and producing financial documents for an investment house, which involves running a clean efficient production line.

In her home life, however, Jakki also excels in creating chaos... but at least now she can always find her camera!



*Author Rachael Lear (right) with
producer and photographer Jakki Abrey*

Notes





Here is a sneak preview into what else is coming up in the Little Blitz-it Book series.

Cast your vote and help decide which one comes next on www.rachbh.com.

Corridors – have your corridors become mess magnets? Finding yourself tripped up or distracted by the stuff that has found a home in your corridors? This Little Blitz-it Book is for you: the fun step by step guide to how to get from A to B with nothing to fall over in between!

Hard Working Rooms – got a room where too much has to happen, so it always gets snarled up, no matter what you do? Where it feels like hard work just looking at it and you'd rather close the door on it than go in? This Little Blitz-it Book is for you: the fun step by step guide to how to get things moving, simply and smoothly!

Elephants – ever had one of those pesky animals in your home, taking up space and hiding in plain view? Maybe that big pile of paperwork, the six weeks' worth of laundry, those projects piling up... getting you down and taking up too much room. This Little Blitz-it Book is for you: the fun step by step guide to sorting out those elephants!

We're home! – fed up with always having to tidy up after others as soon as they come through the front door? Does getting out on time with the right things feel harder than building the pyramids? This Little Blitz-it Book is for you: the fun step by step guide to getting things flowing easily in and out of the house – without tripping up!



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