

THE
CHOCOLATE
CURE P 94



GOOD HOUSEKEEPING

YOU COULD
WIN THIS!

\$25,000
to Make Over
Any Room

P 135

GILMORE
GIRLS'
**Lauren
Graham**

**Easy
Comfort
Food**

Tastiest **Mac 'n' Cheese,**
Ooey-Gooey **Casseroles**
+ *mmm...more!*

**CHANGE
YOUR LIFE**
IN 31 DAYS

How to Get More
Energy, Sleep Better
& Stress Less!

how to
**ORGANIZE
EVERYTHING!**

Get Slim,
No Gym

**PLUS! Winter
Skin Savers**

jp.

JEFFREY PHILLIP®

GOOD HOUSEKEEPING

JANUARY 2017

9 Tidy Resolutions

These easy-to-tackle to-do's will have you feeling organized, productive and seriously on top of life in 2017



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1

CREATE AN "OUT" BOX.

Toss items you no longer need or want in a bin you keep in your closet, mudroom or garage. When it's full, donate or recycle the items and start again.

2

TIDY IN 10.

Dedicate 10 minutes each day to quick, high-impact cleaning—say, fluffing sofa throw pillows, straightening shoes in the entryway or emptying the kitchen sink.

3

PRETTY UP YOUR STORAGE SOLUTIONS.

Think outside the standard plastic bin. Leave the organizing aisle and shop for decorative boxes, seagrass baskets and glass jars to uniquely house all your stuff (the GH Institute recommends householdessential.com). They're just as useful and infinitely prettier.

4

HAVE THEME NIGHTS.

Designate dinners like Taco Tuesday or Meatless Monday to vary meals and simplify grocery store visits. Or, try gatheredtable.com, a subscription service that suggests menus based on dietary needs and creates shoppable lists from recipes.

5

MAKE A TOUCH-IT-ONCE RULE.

Prevent mail from piling up by immediately recycling unwanted junk mail in a stylish entryway container. Items that require attention (bills, invitations, etc.) go into a file folder. Aim to empty it once a week!

6

PENCIL IN HANG TIME.

Start a Google Calendar with friends to track dates you can get together. Seeing the time you spend—or don't spend—with pals will help you stay on top of important relationships.

7

HOST A PHOTO PARTY.

Sort through printed or digital snaps with family and friends, sharing stories and passing along any pictures you don't want or need. You'll hold on to your favorites, and the others will find happy homes.

8

KEEP A GYM "GO" BAG.

Stay focused on fitness by stashing a bag at the foot of your bed, at the front door or under your desk that contains sneakers and gear for hitting the gym on a whim.

9

GET NESTING.

Make a list of household tasks you want to accomplish, focusing on small things that tend to get overlooked (e.g., hanging photos, replacing a worn toilet seat). Check at least one task off the list each month.