**QUICK TIPS FOR AN ORGANIZED HOME WITH BRET JOHNSON**

**Male speaker**: Welcome to The Chalene Show. Chalene is a New York Time best-selling author, celebrity fitness trainer and obsessed with helping you live your dream life.

**Chalene Johnson:** Bret and I thought we would talk about organization.

**Bret Johnson:** You know what, when you said that, I sure think about that.

**Chalene Johnson:** Think about what?

**Bret Johnson:** About organization.

**Chalene Johnson:** Okay.

**Bret Johnson:** And I know why I’m so organized.

**Chalene Johnson:** Why?

**Bret Johnson:** Because, and you’re going to think this is strange, but I played football when I was little, okay, my dad was a football coach, he was a high school football coach, so I had my dad there to help me get ready for football practice because my football practice was at 4, and so was his high school practice, so my mom was there, right? So it was my responsibility every single day, to make sure, because our coaches used to freak out that I had everything, so I used to do this like checklist where I would kind of layout the uniform like it was a person on the ground, like a dead person on the ground. So I put my cleats, and then my pads, and then my knee pads, my thigh pads, and then my girdle that I kind of wore underneath it, I had my side hip pads, and my tailbone pad, and then my rib protector, and then my shoulder pads, and then my jersey, and my helmet, and then my chin strap, and then my mouthpiece, and then I had to have a water bottle, and I had to have a towel because I was a quarterback.

So I literally, when I was 8 years old, I had to start doing that every single day, so I had to organize myself every single day like that.

**Chalene Johnson:** Well, but your mom was supper involved, and she’s a stay at home mom, so why do you --

**Bret Johnson:** Because it was my responsibility.

**Chalene Johnson:** And was that something your dad told you or your mom and dad told you or that’s something you felt?

**Bret Johnson:** No, the coaches on our team would say, “It’s your responsibility of you come to practice without a piece of equipment, it’s your responsibility, and you’re going to have to do the running, because your mom isn’t required to get you ready.”

**Chalene Johnson:** That’s good. More parents should do that. It’s a really good thing for parents to do, is to make their children responsible and teach them the importance of organization. And I think that’s one of the things Bret and I wanted to talk about, is that, I had parents who you know, they made us responsible for ourselves, but I didn’t really learn organization. And my husband, when we first got married, I would get dressed, undress to take a shower, and throw my clothes on the floor just before I got in the shower and my shoes and leave them there and then take a shower and get right and then drop my towel on the floor. And then like later that night, I would pick it up. You always hear women saying like he leaves his clothes on the floor, like my husband doesn’t do that. And you always like -- he never leaves a mess anywhere and he never complained about me being messy, but I would look and go, how does he do that like I literally didn't learn those kinds of things that make a person organized. I was told, “Clean up your room,” like as a punishment, and I was told to get organized, but I didn't really learn what value it had to me as a child. I thought it was something that you did before your parents had company over.

**Bret Johnson:** But there's good news. You want the good news?

**Chalene Johnson:** Yeah.

**Bret Johnson:** Is you can learn to get organized because you've learned to become way more organized.

**Chalene Johnson:** Yeah

**Bret Johnson:** You’re like -- you're like organize queen.

**Chalene Johnson:** Because I would look at you with such envy and other people who are super organized and I’m like, “I want to be like this.” But I was super unorganized. It is possible to learn it and I have -- married to an incredibly organized man who is also neat. Like there's organize like -- I've always had a very organized mind, wouldn’t you agree?

**Bret Johnson:** Yes.

**Chalene Johnson:** Like I can figure things out. How about that?

**Bret Johnson:** Yes.

**Chalene Johnson:** I can figure out systems like nobody’s business.

**Bret Johnson**: And once you write them down, you get really organized. Like you can figure out like which ways, like what order and how to get things done properly.

**Chalene Johnson:** Thank you. But in terms of like habits of organization, I didn't have those so. For those of you who have children, or you are an adult who is messy, I want to share some things I didn't even realize and you probably didn't even realize like they're really important to learn and how to do them. Like I know this sounds strange, but I didn't know how to have an organized closet, I didn't learn those tricks or tips or whatever you want to call it. So one thing that I can tell you has really helped me is hanging up my clothes on hangers right, and then you don't even know about this, but women when we try things on to get dressed for the day, we usually try about eighteen outfits. And that can create a disaster every single day.

**Bret Johnson:** Is that what’s going on upstairs?

**Chalene Johnson:** Yes. That can create a disaster every single day. So what I learned to do from watching him, is, rather than yank my clothes off the hanger, what I do, is I pull the hanger out, I try on the outfit, and if I'm not going to wear the outfit, I put it right back on the hanger. But there's something about leaving the hanger up and then yanking things down off the hanger that you just don't re-hang them. And then if I do whatever I'm wearing that day or whatever, I take it off the hanger. And then I have a special spot in just one place in my closet where I put my empty hangers, just one little spot as opposed to like hangers popping out everywhere in your closet, just one little spot.

Another really simple tip is that -- I learned from my husband is that he gets undressed next to his laundry basket. And just puts his clothes in his laundry basket. I’m like, I have never seen such a thing, like I literally -- it’s just common sense I suppose, but it wasn't for me, I was like, don't you just take your clothes off like right by the shower?

**Bret Johnson:** No. I do have a small closet.

**Chalene Johnson:** Here we go.

**Bret Johnson:** My closet compared to this one's closet. Like my clothes are all either extra large --

**Chalene Johnson:** You wear a gray Nike t-shirt every day.

**Bret Johnson:** I got a lot of them.

**Chalene Johnson:** I know, but like you don't need that much space.

**Bret Johnson:** She wears like petite sizes like size zero, to maybe -- do you even wear four?

**Chalene Johnson:** Sure. Some designers.

**Bret Johnson:** Maybe a four okay, so little teeny petite clothes, right smalls, extra smalls, my clothes are all like extra large, large, double X sweat shirts. So my clothes take up a lot more room. And my closet is embarrassing.

**Chalene Johnson:** Oh it's.

**Bret Johnson:** It's embarrassing.

**Chalene Johnson:** I think that's pushing the envelope.

**Bret Johnson:** I've had to learn to be more organized just being in that closet because when you look at it, and you go, “I got to fit all my stuff into this little thing,” that you have to be really careful the way you structure things.

**Chalene Johnson:** Anyhow into my next step tip. My next tip is to do it now. This is one thing that I have always despised and you would probably agree with this, and that is doing things halfway. That is one of the best ways to get disorganized and to create clutter. You've got to do things right now, the right way. So that means if you're in the middle of something and there's an extra step or a lid to be put back on or something to put away, do it now because that will save you time for doing it later and it’ll keep your mind from being distracted. And one of the easiest ways to get yourself in the habit off this, is just whatever it is you're using whatever it is you're playing with, whatever it is you're touching, you just say, “Where does this belong, where is its home?” because it needs to go back to its home.

**Bret Johnson:** So you think of your objects in your house as like they all have their own place?

**Chalene Johnson:** Yeah, They all have their own home and location. And then the other -- what's the other thing I do honey, for every chord?

**Bret Johnson:**  You label them. Chalene’s a labeler.

**Chalene Johnson:** I label freaking everything.

**Bret Johnson:** Even those old school like brother --

**Chalene Johnson:** P-Touch.

**Bret Johnson:** P-Touch.

**Chalene Johnson:** Yeah.

**Bret Johnson:** She labels everything.

**Chalene Johnson:** I label everything, yeah. Label everything and this is really important and it's a new thing based on technology because we have so many chords, you have so many chords, you have so many chargers, you have so many things that plug into something that you're like, where's the charge or the plug that goes to this thing and you don't even know. And then if you do find a chord you’re like, is it this? And all the female versus male parts, you have to like -- well it's like where they plug in.

**Bret Johnson:** Oh.

**Chalene Johnson:** And so rather than like --

**Bret Johnson:** I thought we had to label our parts so we knew where they're supposed to go.

**Chalene Johnson:** I’m pretty sure you know where your parts need to go. You keep your parts to yourself sir. Yeah. This is so true. So I keep a label maker at the front door because occasion, I get deliveries from Amazon on occasion, and when those deliveries come, I want to open up the box and if it has a chord or a charger, I'm going to label it.

**Bret Johnson:** Oh my gosh.

**Chalene Johnson:** Some things I just label them because they're mine.

**Bret Johnson:** On occasion, our daughter said yesterday that we probably -- there's a picture of Chalene at Amazon, like if there’s not a picture of Chalene in Amazon, I want to see like they have the top ten most users. We don't go out and shop, she does all of her shopping like from Amazon and from online. So everybody comes here to drop off their packages.

**Chalene Johnson:** Everybody comes here.

**Bret Johnson:** Yeah, there's lots of packages every day. And her excuse was like when you order, like six things of make up, they each get packaged individually.

**Chalene Johnson:** They do you.

**Bret Johnson:** Six packages and say like, they could it with just one.

**Chalene Johnson:** Yes, it always says do you want it packaged together or do you want them to come as quickly as possible? And I'm always like, just send them as quickly as possible. So sometimes you get like three packages on the same day.

**Bret Johnson:** Talking about mom's top ten for sure at Amazon. Top five, that's your daughter. Maybe top three.

**Chalene Johnson:** Carry on. What your next tip?

**Bret Johnson:** My next tip for being organized. Oh, here's a thing that when you go like on vacation, there's things that you should pack always that save you a lot of money. And I did this once, and it's not like -- Chalene has packing list for clothes like she sends them to the kids or friends or whatever, and the kids love it because they print it out, and basically, it gives a checklist of everything that they're supposed to bring on the trip. But I have another one that's good too, it’s like, make sure that you bring like a phone charger and chord, all that kind of stuff.

**Chalene Johnson:** It's on my list.

**Bret Johnson:** Yeah but that was from me because we are buying like phone chargers every single time we went.

**Chalene Johnson:** You're right.

**Bret Johnson:** Here's another tip, is if you're going, and you're going to be renting a car, bring the adapters that are in your car and bring it like it goes in a cigarette lighter.

**Chalene Johnson:** Yeah.

**Bret Johnson:** So you don’t have to go to like 7/11 and buy one for like $20 that screws up your cell phone anyway.

**Chalene Johnson:** The next tip that we have for you, is to start your day off right. And that means to start your day off by making your bed. Now today for some reason we did not make our bed.

**Bret Johnson:** That's because we had guests coming.

**Chalene Johnson:** Oh no. It's a Monday? We don't make a beds on Monday because usually we change our sheets on Monday.

**Bret Johnson:** But we didn’t have -- I mean do our room today. We had nobody even come in and do our -- that’s kind of bad.

**Chalene Johnson:** It is.

**Bret Johnson:** Yeah, because we have people come to clean our house.

**Chalene Johnson:** You should really feel to yourself.

**Bret Johnson:** We're so organized because we have people come and do it for us. No. But we do have -- we call her house manager.

**Chalene Johnson:** Yes, our housekeeper, house Manager slash the queen of everything, Myra. On Mondays, she changes our sheets, but every day, we make our own bed even though we have a housekeeper. And one thing that we have tried to teach our kids because I didn't have this like growing up, my room -- I don't know where your room looked like. I assume it was neat.

**Bret Johnson:** It was neat.

**Chalene Johnson:** My room was out of control. I had rodents like as pets and birds as pets and can you just imagine my room growing up? It was out of control. Piles and piles and piles and piles of clothes.

**Bret Johnson:** I picture like Go-Go posters, pictures of like maybe Shaun Cassidy.

**Chalene Johnson:** No. That’s way before my time. Simmer down. But my room was literally like a bomb went off. And when I say piles of clothes, like taller than me and my parents never made me clean my room unless we were having company over or something. I just remember on occasion they would say, “Go downstairs and clean your room.” But the rest of the time, they just let me close the door which I think you have to teach your kids that it's a service to them like when your room is a disaster, you can't concentrate, you can't do your homework in there, you can't study in there. And we know this as adults when your desk is cluttered, when your home is cluttered, when your life is cluttered, you feel disorganized, you feel like you can't concentrate, you can't focus. And most kids don't like that. So if you can teach them, rather than scold them, and tell them, “Clean your room,” help them understand what it's doing for their brain, what it's doing for their ability to focus and how much more peace and tranquility that they will have when their room is organized. And I didn't learn that as a kid, and I’ve had to learn it as an adult, some of those tips and tricks of being organized. And I like to recommend a couple of books for you.

Okay. The first one is called, The Clutter Diet. It's a great book and she's a wonderful person to follow too Lori Morero. Arero? Yeah, I that’s how you say it. And two more books. I would also suggest, It's All Too Much. I can't remember the name of the author.

**Bret Johnson:** It's All Too Much.

**Chalene Johnson:** It's All Too Much. And the third book is of course, The Life Changing Magic of Tidying Up, which I recommend on Audible because it's nice and fast. So that's what we wanted to share with you. We've been married for 21 years, and we've learned a lot of things from each other. I've learned to be more organized from him, he's learned dance moves from me.

**Bret Johnson:** We like to --

**Chalene Johnson:** And fashion.

**Bret Johnson:** -- do our hotel rooms when we travel too.

**Chalene Johnson:** What’s that mean?

**Bret Johnson:** Like we like to -- as soon as we get in our hotel rooms, we like to set it up and organize it for like, if we're staying for more than a week. So we transfer -- everything transfers over, always organizing our lives.

**Chalene Johnson:** Oh it's my favorite thing to do the second check into a hotel room Oh, oh, oh that's my favorite thing.

**Bret Johnson:** The second you check in to a hotel room, you're always like a little piece of chocolate, then you start.

**Chalene Johnson:** Yes.

**Bret Johnson:** And it’s usually a long day.

**Chalene Johnson:** That's my favorite part of traveling is when we check into the hotel I’m like I get to organize the room. I like to move furniture around. I mean I bring my own hangers.

**Bret Johnsons:** We went to Maui this past summer, and we literally, we never do this but we went into the room and it was a really nice room. We checked into the hotel room, and Chalene started to go, “There's no space there's no closet space. Like there's zero.”

**Chalene Johnson:** There was like one drawer or something.

**Bret Johnson:** There's like one drawer and we were there for like a week. So we called the people up and we’re like, “You know, we aren't these people that do this, but there's no space to like put our luggage and stuff so can you move us? And they’re like, “Sure.”

**Chalene Johnson:** We changed rooms.

**Bret Johnson:** We changed rooms.

**Chalene Johnson:** Because I was like, I can’t have my clothes all the over floor. No, no, no.

**Bret Johnson:** And we're out.

**Chalene Johnson:** And we’re out. Thanks for being here, you guys. Bye.

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