

Frozen Assets?

Ok, it's finally happened, I feel like a grown-up! ("It's about time", some would say, as I've actually been a grown-up for a few decades now.) I've just caught myself menu planning for the next two weeks! And the reason for this apparent over-the-top organisation? Well, you will be aware that there's a big event coming up, and I must make space in my freezer for mince pies, stuffing, chipolata sausages, oh, and the turkey of course!

My freezer is normally well-stocked and I've been quite proud of my habit of cooking a little too much at the weekend. I often have a portion or two of chicken casserole or whatever it is, to freeze ready for a mid-week supper. And that works fine for most of the year until now! Now I'm having to remember to cook less, and in the next two weeks I have to eat three portions of fish pie, a whole week's worth of pasta sauce, some rather tired looking garlic bread, a little left-over chicken madras and two bramble and apple crumbles.

This enforced change of habit has got me thinking: almost any system of organisation is fine if it works for you, if it fits your circumstances, your needs, your personality even. It doesn't even need to look organised to anyone else, it just has to work for you.

The problems arise when circumstances change. Then, the system that has worked so well may become a hindrance rather than a help, and maintaining systems that no longer work is both stressful and frustrating.

Remaining organised means reviewing your systems regularly to ensure that they continue to work for you. This might mean identifying an area of your house or day that used to feel orderly but now doesn't work as well as you'd like. Then, ask a few questions such as:

Why do I do it that way?

How would it look if it worked perfectly?

What has changed since it worked well?

By answering these questions, you may get a clearer idea of what needs to change to restore order. Or it being nearly December already, you might simply like to do as I have done: turn out your freezer, menu-plan the next couple of weeks and find a nice turkey!

PS: Has anyone asked you what you want for Christmas, and even thinking about it feels like yet another item on your 'to do' list? If you'd welcome some help devising simple systems that work for you, or even simply bringing a slightly chaotic post-Christmas house back to order, a Welcome Space gift voucher might be an idea. Check out the website for details.