



## Re-energize your spring

In January, you promised yourself “new year, new decade, new me,” right? Well, we’re three months into 2020 and sometimes it’s hard to keep the momentum going. This spring, we want to maintain that energy of renewal and growth. Here are six ways to reorganize and re-energize your lifestyle this season.

### 1. CLEAN OUT YOUR CLOSET

Wasting time in the morning trying on different outfits? Sounds like it’s time to clean that closet. Try the 12-12-12 challenge where you go through your closet and choose 12 items to donate, 12 items to throw away, and 12 items to keep. Focus on the things that don’t “spark your joy,” as Marie Kondo would say. If you’d like to do more, make a schedule and commit one hour every day to sifting through old clothes. For the extreme cleaner, the 365-day challenge instructs you to choose one item every day for a year to either throw away or donate. Once you’ve essentialized your wardrobe, *This Old House* has some great ideas to help you reorganize your closet. Loose items that accumulate in pockets and purses should be kept in a bag on the back of your door, shelf stacks should be limited to 10 inches, and all clothes should hang at least one inch off the ground.



### 2. IMPROVE YOUR EMPTY WALLS

We all have an empty wall somewhere in the house. Whether it’s a little corner or the entire wall, there are many simple ways to revamp your space! For a blank wall, try painting it a new color or adding patterned wallpaper to complement the room’s color scheme. Or follow the advice from *This Old House* and hang a mirror on the wall or some plants from the ceiling. If you’re in need of more storage space, add a floating shelf or a few hooks and transform the wall into a closet. For the adventurous soul, hang a map and thumbtack places you’ve been and places you want to go.

### 3. REDUCE YOUR PLASTIC USAGE

WCNY is a LEED Platinum Certified building, because we believe environmental conservation is a priority. In the season of rebirth and growth, consider keeping things green. If you haven’t already, check out *The Plastic Problem*, a *PBS NewsHour* special that highlights the alarming rate at which humans are consuming plastic and questions the efficacy of our recycling methods. We can all do our part to help our environment, like drinking from reusable water bottles and mugs. Whether it’s kitchen soap or shampoo and conditioner, abandon plastic bottles and switch to bar soap. Many grocery stores are making the switch to paper bags, but you can save the paper with a reusable tote bag. And of course, eliminate use of the plastic straw. Consider investing in your own steel or glass straw that you can carry in your purse and wash at home.



## 4. REDECORATE YOUR HOUSE

Give your space its final touches by shifting one or two things. These decoration hacks focus on the details of a room to help you perfect the aura of your environment. Sick of seeing cables, cords, and routers? Hollow out the pages of a book, hide the router inside the cover, and stack it against the wall. If you're ready to give away some old jewelry, consider using necklaces or bracelets as curtain ties to give your drapes an effortless elegance. If you're looking for more ideas to upgrade your interior décor, *This Old House* has ideas for every month of spring. In March, try wallpapering your staircase to add pops of color into your foyer. In April, transform your wall into a mini gallery with a series of prints and paintings. In May, spice up your shower or kitchen tiles with stick-on accents that you can remove later!



## 5. MAKE CREATIVE PLANTERS

Harness your creativity while channeling your love of nature and make your house a little greener this spring. Recycle some of your old things and create a DIY planter. Have an old or damaged guitar that no one plays? Pluck off the strings and pile some soil into the sound hole. If your old straw hat is falling to pieces, turn it upside down and plant a flower inside. Maybe your child lost a rain boot and now you don't know what to do with the other one. The rain boot planter is easy and portable. For the dreamers, *Garden Smart* has easy instructions to create your own fairytale terrarium. First, you need a non-porous container with a lid, soil, rocks, moss, charcoal, and flowers. Start with the soil and rocks and then slowly pile the rest into the container. The terrariums require little maintenance but be sure to water them regularly and clean the jar to keep your plants happy and healthy.

## 6. PREPARE YOUR GARDEN EARLIER

Whether you're a seasoned gardener or a beginner, everyone can benefit from some garden prep tips. First, take inventory of what you have from tools and pots, to plants already growing inside and out. When the snow melts, clear out weeds, debris, and dead organic matter, and give your soil a good raking. Cut away overgrowth and prune your trees, shrubs, and bushes. At the same time, you can start growing your plants inside until the temperatures warm up and the soil softens. *Backyard Farmer* recommends using soil thermometers to regulate soil temperature before planting. Apply a thick layer of mulch to your garden beds and water the soil regularly. Once the season of frost has passed, move your plants outside to a sunny spot near your water spigot.



### Sources:

[nextavenue.org/6-new-shortcuts-spring-cleaning/](https://nextavenue.org/6-new-shortcuts-spring-cleaning/) [becomingminimalist.com/creative-ways-to-declutter/](https://becomingminimalist.com/creative-ways-to-declutter/) [lifehacker.com/how-to-kick-your-clutter-habit-and-live-in-a-clean-hous-5957609](https://lifehacker.com/how-to-kick-your-clutter-habit-and-live-in-a-clean-hous-5957609) [budgetdumpster.com/resources/how-to-declutter-home.php](https://budgetdumpster.com/resources/how-to-declutter-home.php) [architecturaldigest.com/story/wall-decor-ideas](https://architecturaldigest.com/story/wall-decor-ideas) [thisoldhouse.com/ideas/create-perfect-gallery-wall-winter](https://thisoldhouse.com/ideas/create-perfect-gallery-wall-winter) [tomaslau.com/life-changing-books/](https://tomaslau.com/life-changing-books/) [remoteyear.com/blog/personal-growth-books](https://remoteyear.com/blog/personal-growth-books) [huffpost.com/entry/books-for-change\\_b\\_4504225](https://huffpost.com/entry/books-for-change_b_4504225) [bobvila.com/slideshow/10-totally-unexpected-things-to-remake-as-planters-48688#diy-planters](https://bobvila.com/slideshow/10-totally-unexpected-things-to-remake-as-planters-48688#diy-planters) [apieceofrainbow.com/32-planter-diy/](https://apieceofrainbow.com/32-planter-diy/) [gardensmart.tv/?p=articles&title=DIY\\_Terrarium\\_Project](https://gardensmart.tv/?p=articles&title=DIY_Terrarium_Project) [pallensmith.com/homedit.com/home-d%C3%A9cor-hacks/](https://pallensmith.com/homedit.com/home-d%C3%A9cor-hacks/) [buzzfeed.com/peggy/cheap-and-easy-decorating-hacks-that-are-boarderline-geniuthespruce.com](https://buzzfeed.com/peggy/cheap-and-easy-decorating-hacks-that-are-boarderline-geniuthespruce.com) [home-decorating-hacks-to-try-2213394thisoldhouse.com/ideas/88-quick-and-easy-decorative-upgrades](https://home-decorating-hacks-to-try-2213394thisoldhouse.com/ideas/88-quick-and-easy-decorative-upgrades) [cheatsheet.com/gear-style/simple-ways-to-upgrade-your-wardrobe.html/](https://cheatsheet.com/gear-style/simple-ways-to-upgrade-your-wardrobe.html/) [thisoldhouse.com/ideas/how-to-gain-more-closet-space-without-renovating?xid=pbs=veteran3426-closet-space](https://thisoldhouse.com/ideas/how-to-gain-more-closet-space-without-renovating?xid=pbs=veteran3426-closet-space) [pbs.org/newshour/series/the-plastic-problem](https://pbs.org/newshour/series/the-plastic-problem) [rewire.org/pbs/reduce-plastic-problem/waysidegardens.com/spring-garden-preparatino-checklist/a/wg\\_spring\\_garden\\_preparation/](https://rewire.org/pbs/reduce-plastic-problem/waysidegardens.com/spring-garden-preparatino-checklist/a/wg_spring_garden_preparation/) [pbs.org/video/grow-an-herb-garden-mpqeu8/](https://pbs.org/video/grow-an-herb-garden-mpqeu8/) [pbs.org/video/backyard-farmer-presents-lifestyle-gardening/](https://pbs.org/video/backyard-farmer-presents-lifestyle-gardening/)