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## FOR IMMEDIATE RELEASE

### **MAKE THIS YEARS RESOLUTION THE ONE YOU KEEP Control the Chaos in Your Home and Get Organized Once and For All**

Every January, millions of people make a promise to themselves that this will be the year to finally clear the clutter and take control of their lives. With this in mind, G4 Publishing of Tinley Park, IL, (<http://www.thefamilyplanner.com>) is providing seventeen simple steps for people to follow to help alleviate the stress from all the mess.

“As a working mother of two very active boys, my house can quickly become cluttered if left unattended. After many years, I finally learned how to manage our home and keep it clean and organized at the same time,” says Patty Grenda, President of G4 Publishing and creator of The Family Planner. “By offering the following simple steps, my hope is to help others clear the clutter in their homes and make this the year to be stress-free.”

#### **17 Simple Steps to End the Stress from the Mess:**

1. Make a **commitment** to yourself that this is the year to finally become clutter-free.
2. Be **realistic** and realize you have limitations, and you are not a super hero.
3. Have an overall game plan stating your **goals** and their estimated completion time.
4. Create a **master list** including the problem areas and the specific details of what you intend to accomplish for each room.
5. If the project is too big for you to tackle yourself, hire a **professional organizer** or ask family and/or friends for help.
6. For great tips, **research** the topic of organization by reading books from experts or visiting web sites on the subject matter.
7. Set a **starting date** and mark your calendar with future dates to be set aside.
8. If possible, arrange for a **sitter** to take the children out for the day, leaving you to focus all of your attention to the job at hand.
9. Make the toughest room first **priority**. Now, you are ready to begin!
10. Turn off all phones and television sets **eliminating** as many distractions as possible.
11. Play some music to help **motivate** you and create a perfect environment conducive to cleaning.
12. Sort through your clutter and **categorize** it into specific groups, such as, garbage, rummage sale, storage, etc.
13. Put the piles of clutter into bags or boxes. Then, make sure to **label** each package with the appropriate classification.
14. **Never give up!** Keep telling yourself there is a light at the end of the tunnel.
15. Always **reward** yourself after reaching a goal, and treat yourself to something nice.
16. After you goals have been achieved, **reduce** future clutter by always putting things back where they belong when you are finished using them.
17. **Simplify** your life by using a daily planner to keep your new clutter-free home stress-free this upcoming year.

The Family Planner is a full-size daily planner with a column for each day of the week, providing ample space for all the daily activities. The week at-a-view design is just one of the numerous features this unique planner has to offer. Families can begin using the planner anytime of the year. The user-friendly format makes it a great organizational tool for the entire family. The Family Planner was designed to keep stress out of the home by offering a planning system that really works.

Patty Grenda, President of G4 Publishing, has been quoted in newspapers nationwide with her planning and organizational tips. Grenda, the planner's creator, has been seen on *ABC 7 News in Chicago*, and was a guest on *The Mom Show at World Talk Radio*. She will continue to offer organizational tips throughout the year to help relieve some of the stress facing families today.

More information is available from Patty Grenda at 708.528.2345; 17648 Pheasant Drive, Tinley Park, IL 60477; g4publishing@thefamilyplanner.com.

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