

THE TRUTH ABOUT SYSTEMS

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I love a good organising system as much as the next neat freak. A beautifully labelled pantry, an entryway drop zone that could make Pinterest weep with joy, or a perfectly colour-coded filing setup. Beautiful!

But here's the truth no one tells you: systems alone won't save you. They're like gym memberships: they look great on paper, but if you don't show up and use them, they just become another form of guilt taking up space.

The magic formula is this: **Success = Systems + Habits**

Systems give you the framework. Habits keep it from collapsing into chaos. And the bridge between the two? Tiny, boring-but-brilliant **behaviour changes** you do consistently.

We live in a world where our brains are skilled excuse makers. You see that shirt on the chair and think, "Ugh, I'll hang it up later." Most of these **little tasks** take less than a minute and doing them now is infinitely easier than dealing with a mountain of "laters" tomorrow. Being intentional means slowing down just enough to override that lazy autopilot voice. Instead of rushing past, take that one minute to hang the shirt, wash the mug, or file the paper.

Tiny wins stack up, and before you know it, your space (and brain) feel lighter.

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Let's break it down with three easy systems and the habits that actually make them work.

The entryway drop zone

The first impression of your home and the last chance to stop chaos from marching straight in. Whether it's a stylish console table, a set of wall hooks, or a humble basket by the door, your drop zone is where the "stuff of the day" lands. Get it right, and mornings run smoothly. Get it wrong, and you'll be late because your keys are... somewhere...

Habits to make it work:

- Unload instantly: drop keys, wallet, and bag in their spot the second you walk in.
- Put away your shoes where they belong.

The wardrobe

Your wardrobe should be a boutique, not a black hole. This is the space that decides how your day starts. A well-organised wardrobe means you can find an outfit without pulling half your clothes onto the floor.

Habits to make it work:

- Hang it up right away: the bedroom chair is not a clothing storage system.
- Seasonal swap: keep only current-season clothes in reach.

The home office

From your desk to your filing cabinet to your digital to-do list, this is where you keep work moving without drowning in paperwork and tangled cords.

Habits to make it work:

- Paper triage instantly: file it, scan it, or bin it.
- Weekly tech tidy: close tabs, update lists, back up files.

Build these small habits and keep chaos at bay for good!