

Yin

Feminine
Dark
Soft
Curves

Sofas
Pillows
Dark Colors
Carpet



Yang

Masculine
Light
Angular or Linear
Geometric

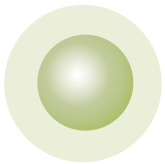
Bright Colors
Busy Patterns
Sunlight
Hard Flooring

The Five Elements



Earth

Pottery/stoneware, clay sculptures, bricks, images of mountains or soil, square, yellow, brown



Metal

Silver and gold accents (such as picture frames), copper cookware, silverware, metal sculptures, wind chimes, round, white



Water

Fountains, clear vase with clean water, dish with floating flowers and/or candles, aquariums or fish bowls (with healthy fish), water fixtures, images of water, black, navy blue, dark grey



Fire

Natural daylight, actual fire (candles or fireplace), bright lighting, stove, oven, microwave, healthy pets, triangle, red, dark orange, bright pink



Wood

Living plants with woody stems, wood carvings or sculptures, images of trees or forests, green

Organization Pro-Tips

1. Every long journey begins with the first step. Don't get overwhelmed with your cleaning or organization project as a whole. Focus on doing a little bit at a time.
2. When cleaning cabinets or closets, clean from top to bottom. Empty everything out and be thoughtful with what you put back in.
3. To help de-clutter your closet, try the reverse hanger trick. Turn all clothes on hangers backward, so that the open end of each hanger now faces you. When you wear an item, make sure you put the hanger back the other way. After six months, take all of the clothes on the backward hangers out and either donate or sell.
4. In the closet, hang pants over shirts to create more open space.
5. Use over-the-door shoe racks for creative storage solutions (towels, beauty products, gloves, toys, cleaning solutions, spices, tools).