

A Nice Meal, A Good Movie,
Going On Vacation

— NONE COMPARE TO —
The Joy of
Being Organized

Inspired Insights Brought To You By Inspired Closets.



Organization

It's something we're all familiar with. But for most of us, it's only something we think of from a physical perspective. My house is a mess. I need a better way to organize all of my things.

At Inspired Closets, we know it goes much deeper than that. In fact, putting everything in its place is only the start.

Lack of organization is a problem that when solved, has benefits far beyond storage.

With organization comes an unexpected joy, delight, and calm—even a euphoria. Because when the physical things are in better order, so to is your mental wellbeing. Your mood is boosted. Your flow is optimized. You experience the type of satisfaction that surpasses other good things in life.

How does that all look exactly? Well, we set out to show you. We surveyed a range of people and talked with happiness expert and New York Times best-selling author Gretchen Rubin to show you the mood-boosting power of an organized closet and space. Some of this may be surprising (in a good way).

But as you read on, you'll see what the right organization can bring to your life. And how it extends far beyond a place to put your things.

Don't take our word for it—and let the data speak for itself.



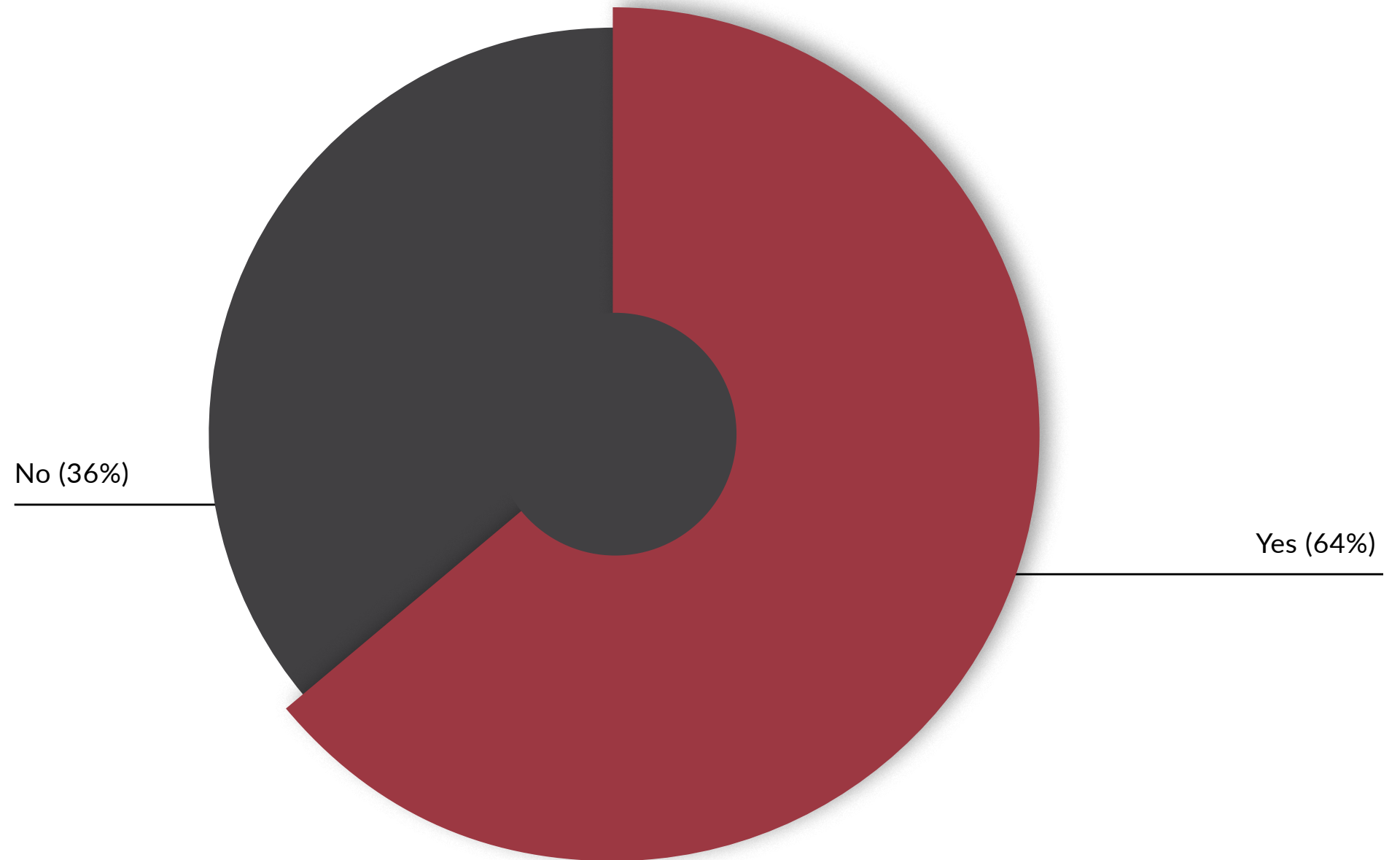
Inspired days start
in Inspired Closets.™

“In my years of studying happiness, habits and human nature, I’ve observed that, for most people, outer order contributes to inner calm. When our spaces are designed to support what we own and how we live, it becomes easier to stay organized, feel at ease, and focus on the things that make us happier, healthier, more productive and more creative.”

– GRETCHEN RUBIN

A Majority Of People Wish They Were Better Organized

“Do you find yourself wishing your closet were better organized?”



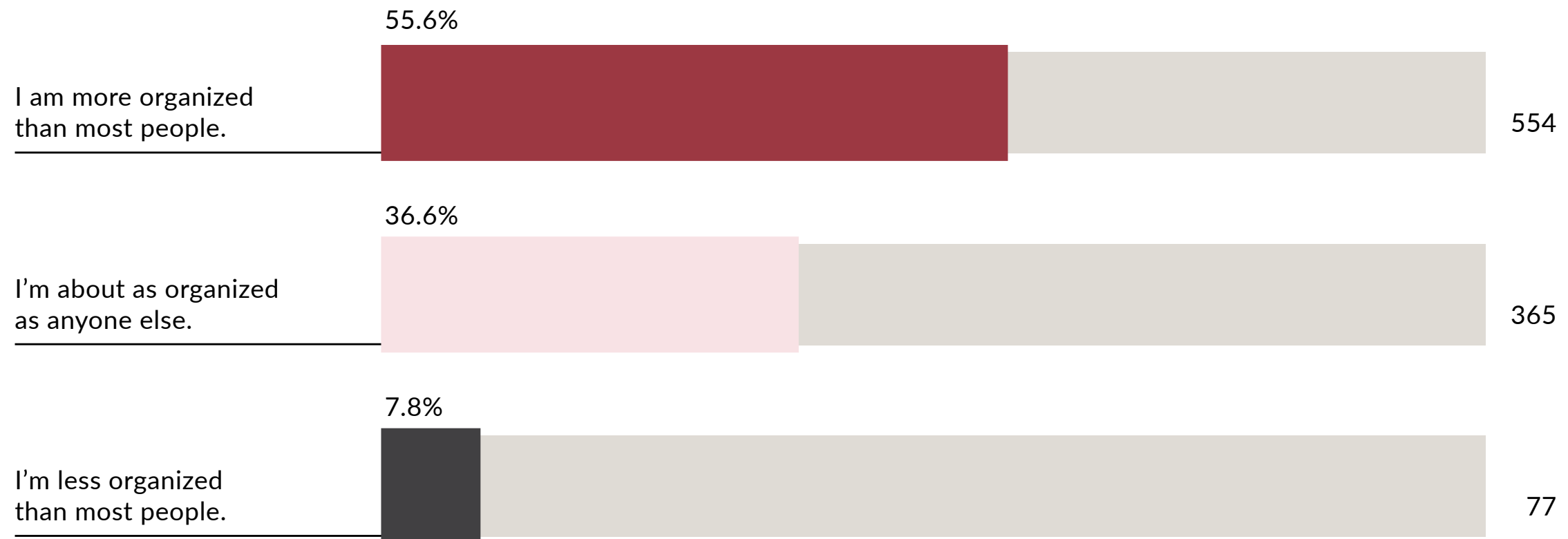
"People sometimes assume that getting organized is about getting rid of things. And yes, choices matter. But after years of studying happiness and habits, I'd say that the key is to design your space based on how you actually live. When you know what you have, and where it is, everything has a place. And when everything has its place, your day and your routine has an easier flow. The satisfaction of having a space that works for you, not against you, is often underestimated."

– GRETCHEN RUBIN



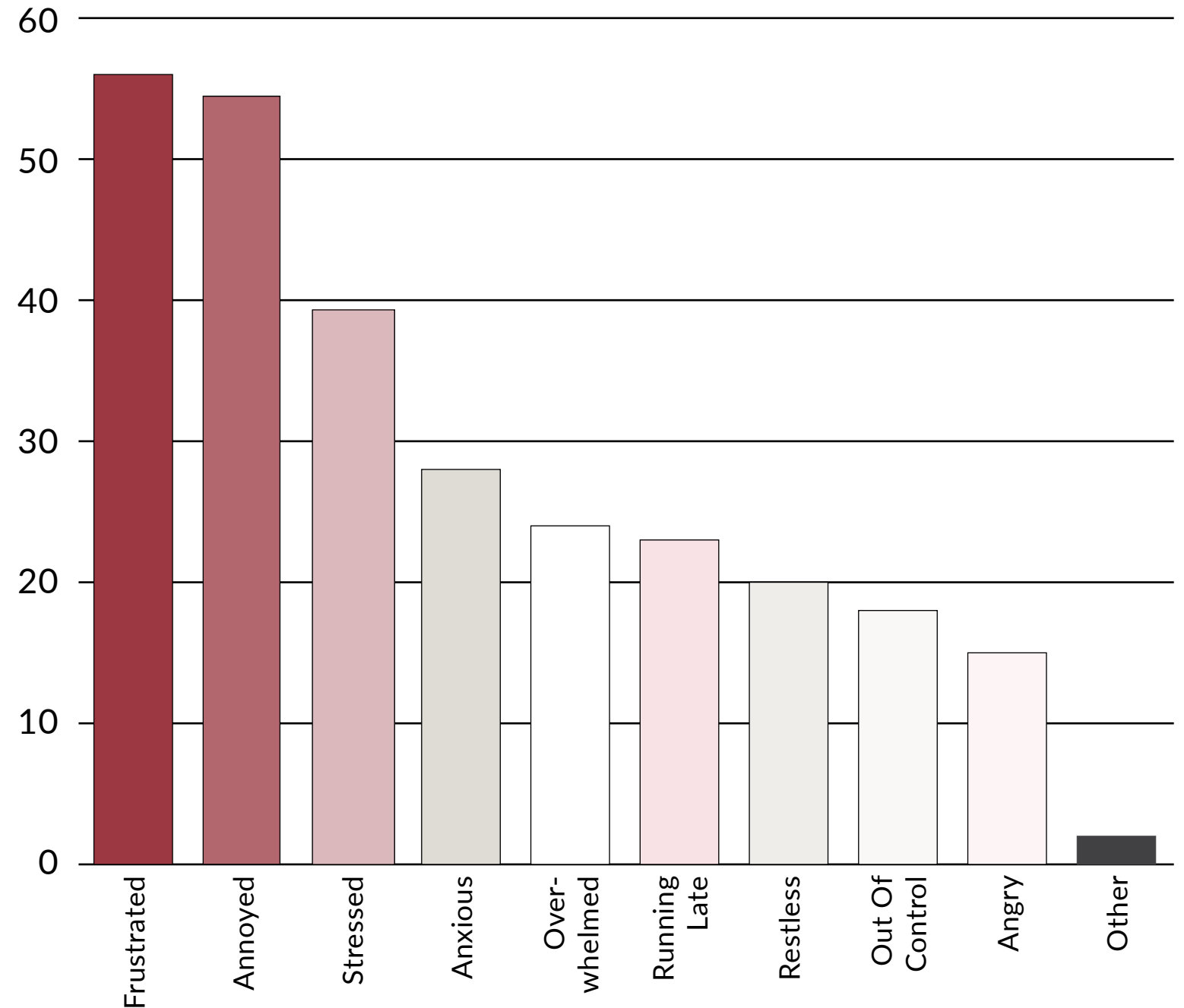
Even If They Don't Always Admit It

“How would you characterize your level of organization compared to other people?”



Being Disorganized Is A Frustrating Feeling

“How do you feel when you cannot find the item(s) you’re looking for in your closet?”



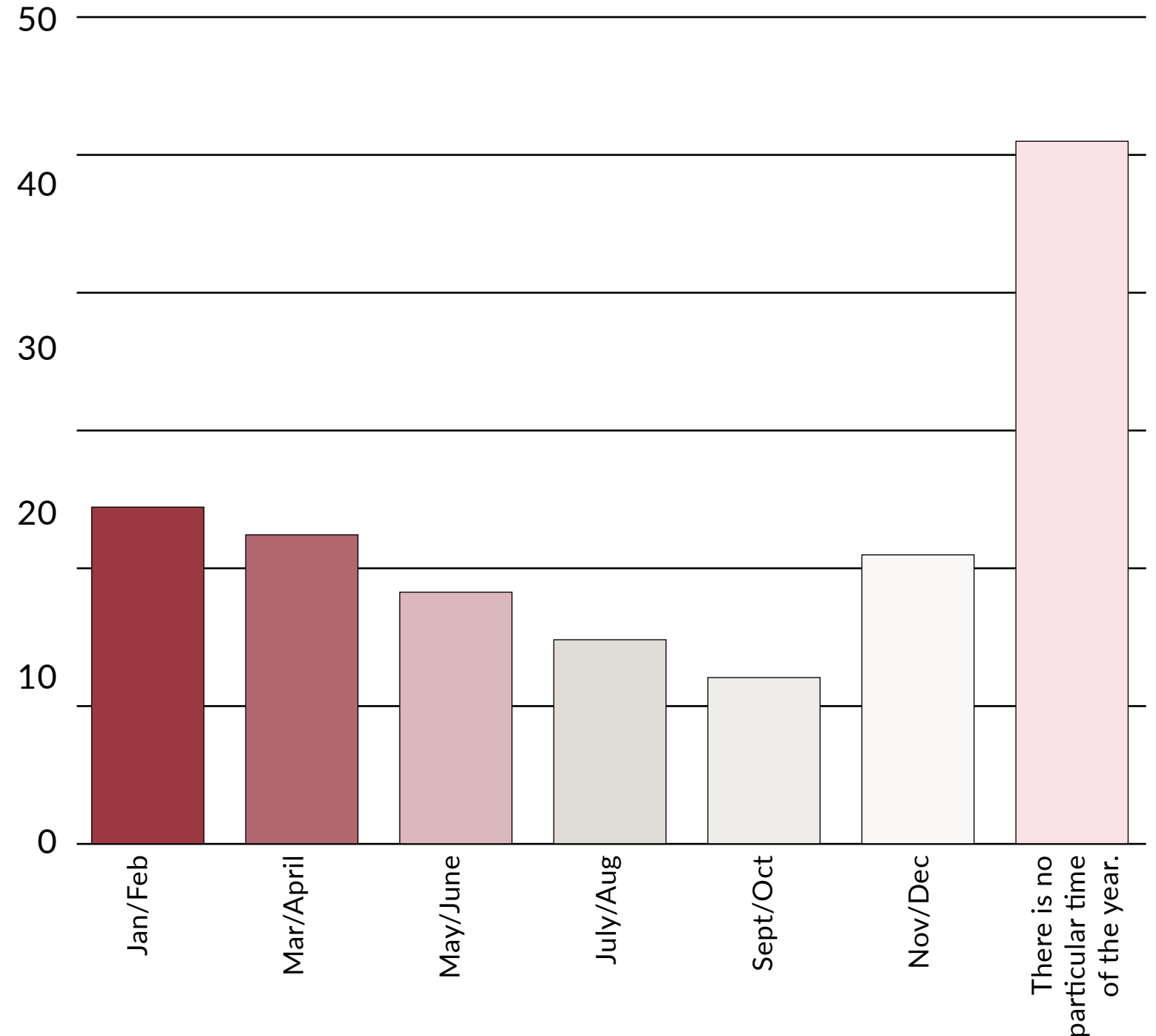
Where Does Disorganization Happen The Most?

“What spaces in your home does organization most commonly impact?”



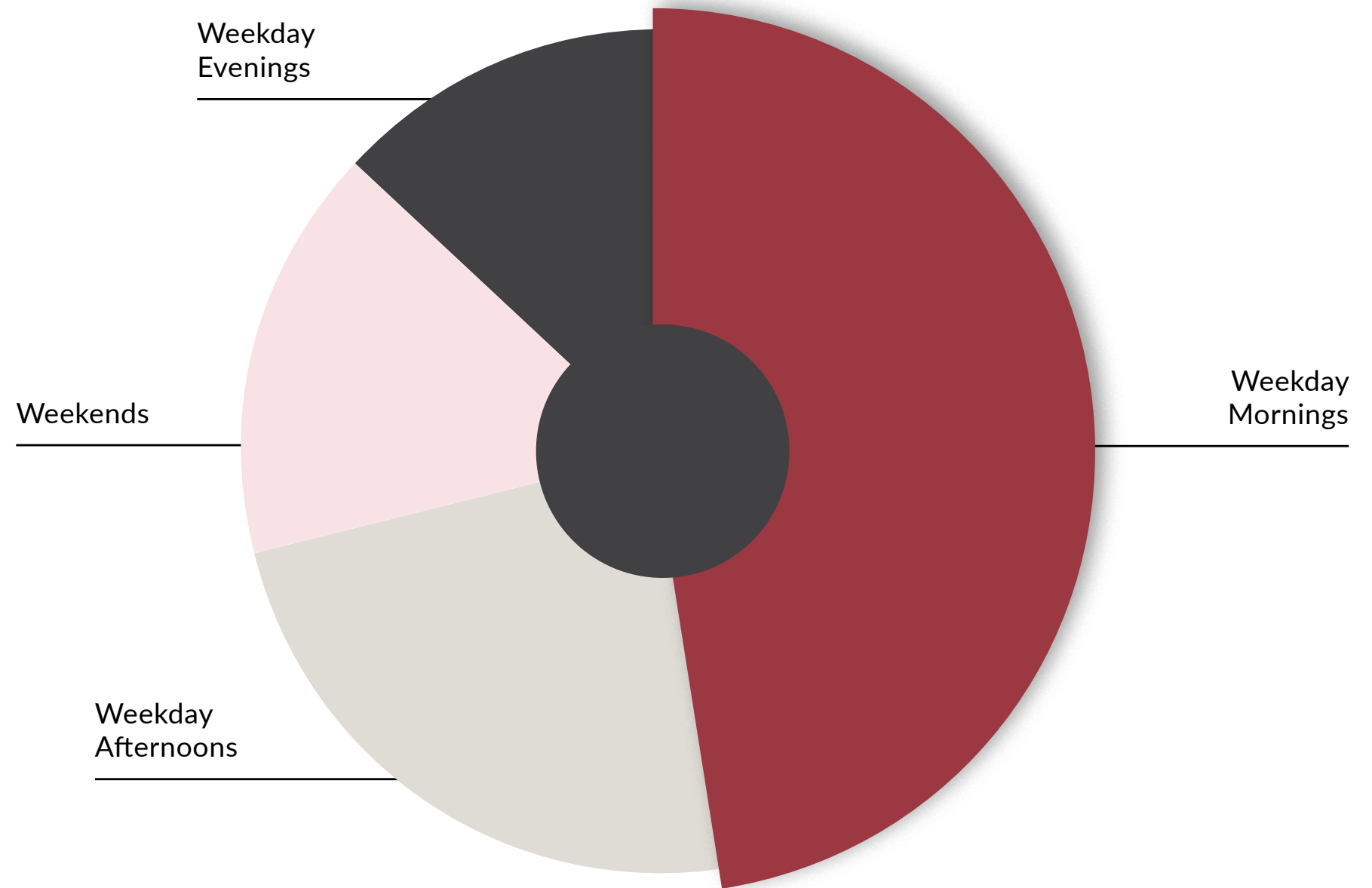
It Never Stops: Staying Organized Is A Year-Round Struggle

“Are there times of year when you find yourself thinking about organization more often?”



But There's A Key Time It Creeps Up: Weekdays Are The Most Challenging

“In an average week, when does organization impact you the most?”



CONFIDENT

SATISFIED

RELIEVED

How would having
a more organized closet
make you feel?

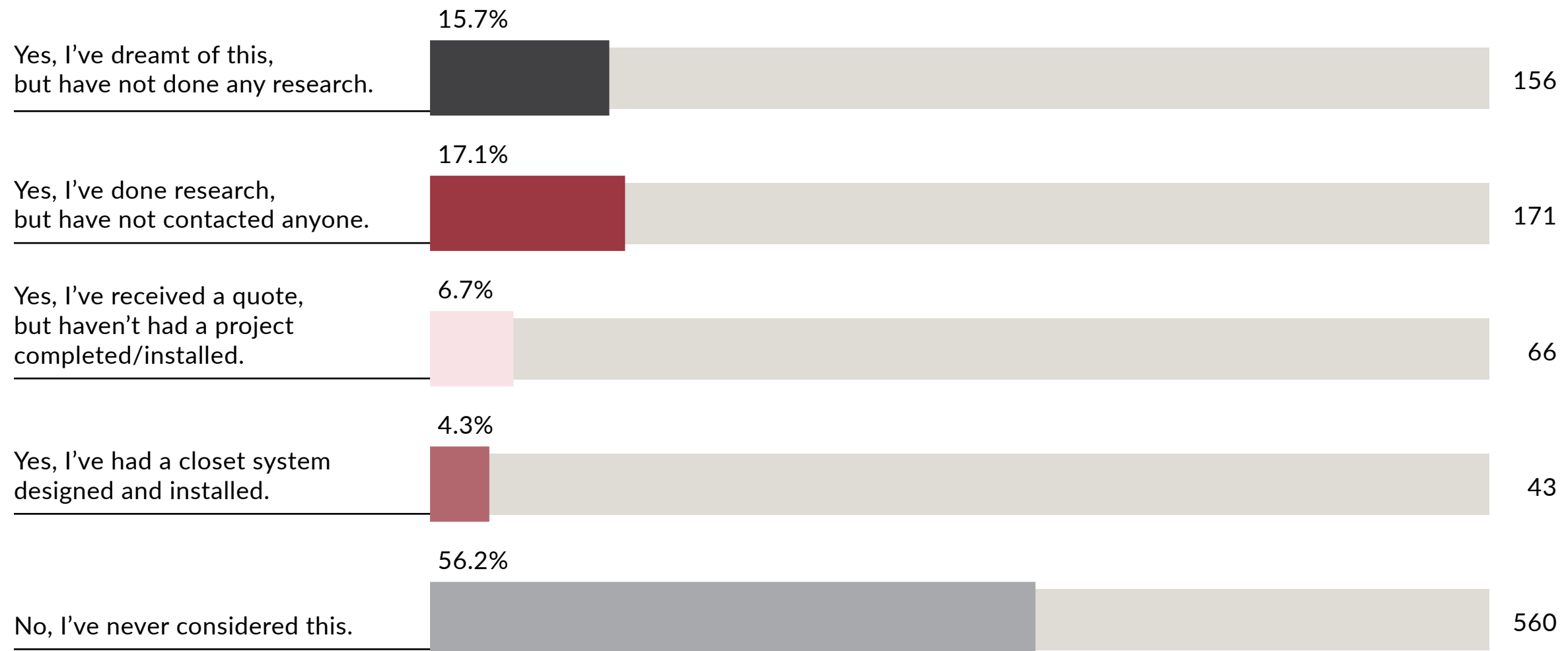
PROUD

STRESS
FREE

PREPARED

Yet, Too Many People Are Sitting On The Fence

“Have you thought about having a professional help with designing and installing a new closet system?”



GROUNDING


IN CONTROL

How do you feel when your home is well organized?

CONFIDENT

CALM

LESS STRESSED

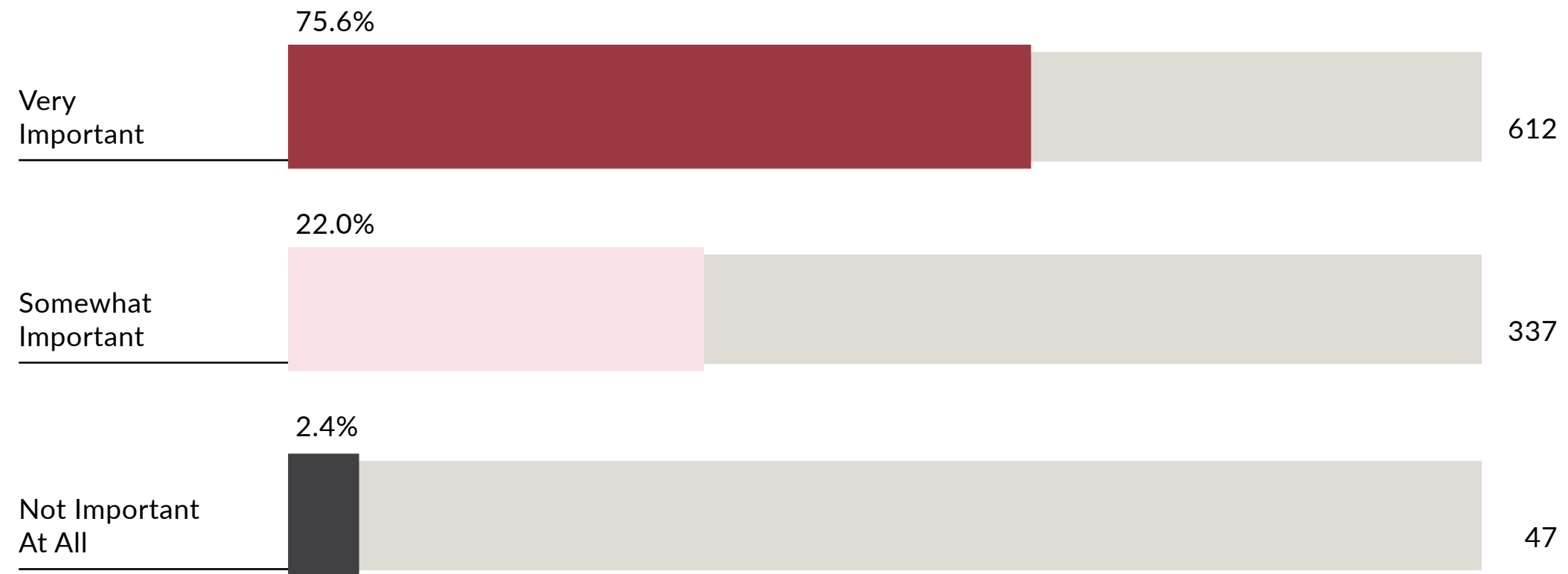


"When the physical world around us is in disorder, our minds register it as unfinished business. I hear from people all the time who say they feel restless, anxious, even out of control, not because of anything happening in their lives, but because of what's happening in their closet. A friend once told me she finally cleaned out her fridge and suddenly felt ready to change careers. I knew exactly what she meant. Getting control of our stuff makes us feel like we have more control of our lives. We often don't realize how much mental energy we spend navigating disorder, until the day we don't have to anymore."

– GRETCHEN RUBIN

More Than Anything, Being Organized Is A Mood Boost

“How important is having an organized home to your mood?”



Being Organized Can Even Affect The Way You Treat People

48.3%

“When I’m disorganized, it can affect the way I treat people.”

77.5%

“Being organized impacts my mental health and feeling of overall wellbeing.”

59.1%

“When I’m disorganized, I feel it impacts the way people perceive me.”


“One thing that continually astonishes me about habits is the degree to which we're influenced by sheer convenience. When your home is organized in a way that removes obstacles, reduces friction, and stores things right where you need them, you set yourself up to be more successful in following through on your good habits.”

– GRETCHEN RUBIN

"One of the things I've noticed, both in my own life and in the lives of people I talk to, is how much a disorganized space quietly chips away at our self-assurance—not just how we feel about ourselves, but how willing we are to let others in. When your space is in order, you feel more comfortable inviting others in. Your surroundings stop being something you're hiding and start being something that actually reflects who you are. Our spaces tell a story about us. The question is whether we're in control of that story."

– GRETCHEN RUBIN





"The research shows that our surroundings can affect the way we treat the people around us. When we're disorganized, we're more rushed, more irritable, more likely to snap at the people closest to us. Outer order fosters peace within relationships—fewer arguments about where things are, less stress leaking into conversation, more room for the people we love. An organized home is often a calmer home for everyone in it."

– GRETCHEN RUBIN

Those Who've Gone Through It Recently Know Organization Is Critical To Their Everyday Flow

80.8%

“Starting my day with an organized closet makes me feel ‘on my game.’”

80.0%

“Having an organized closet can transform my mood each time I use it.”

78.0%

“After organizing my closet, I’ve been surprised by the joy and relief I felt.”

And It Even Surpasses Many Other Positive Things In Life

“The feeling of a new organized closet system is better than...”

53.8%

Rewarding Yourself With A Special Treat

46.2%

Going Out For A Nice Meal At A Restaurant

38.5%

Seeing A Good Movie

34.6%

Spending A Pleasant Weekend With Family

32.7%

Receiving A Birthday/Holiday Gift

19.2%

Going on Vacation

“One of my favorite truths about habits is this: it's far easier to keep up than to catch up. And nowhere have I seen that more clearly than in the way people describe what happens after they finally get their space in order. It isn't a one-time feeling. It's every single morning. You open that closet, everything is where it should be, you find what you need, and your day begins with a small but very real sense of calm and control. Then it happens again the next day. Sometimes we focus so much on the big dramatic transformation that we forget what we're really building is a daily experience. A small instance of order, repeated every morning, compounds into something genuinely life-changing.”

– GRETCHEN RUBIN

It's tough to ignore. The positivity and joy that results from getting organized can't be overlooked.

So the next time you find yourself looking for better flow in your life, just pause for a minute and think about your organization situation. It's daunting. We get it.

But it can be solved.

With benefits far exceeding mere storage solutions.

And Inspired Closets is here to help.



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in Inspired Closets.™