

Home Made Simple® on TLC™

is all about friends helping friends. Each insightful, inspiring episode features a family discovering better ways to find simplicity in their homes—and their lives. And it's all about simple ideas done in a single day, so you can apply it to your own life.

"Home Maven" June is our organizing guru. She helps our guests free up their space, their schedules and their lives through her simple and effective organization system so they can bring balance to their lives.

Scott is our "Home Maven" handyman. He combines great home-based knowledge with a warm heart to really touch the lives of our guests.

The show also features "Guest Mavens" who are experts in other parts of the home. They too will give you great tips on things like decorating, cooking and entertaining.



Premieres Sunday
June 4, 1p.m. EST/12CST

Visit homemadesimple.com
for a sneak peek

H  **ME**
made simple®
on **TLC**

free up time through organization

Home Maven June tells us how to create more time this summer.

June Saruwatari is one of the Home Mavens on the new **Home Made Simple® TV show**, which runs every Saturday at 10 a.m. (9 Central) on TLC. Her area of expertise is organization, and she was kind enough to write an article for us to help us free up some time this summer:

send this to a friend 

Organization experts estimate that every six minutes, most people waste 15 seconds. Over the course of a day, that's a whole hour you could have spent outside with your family! Using my system to make the most of your time schedule, you'll start to waste less time and really take advantage of the nice summer weather.

Set A Goal

The first thing you need to ask yourself is "Am I living the life I want to lead?" Use the answer to that question to decide how you want to live your life. That will be your goal to keep in mind as you evaluate and change how you organize your time.

I base all of my organization systems on four principles: Truth, Love, Meaning and Purpose. You can hear all about it when you watch the TV show, but you need to evaluate what fills up your schedule based on these principles.

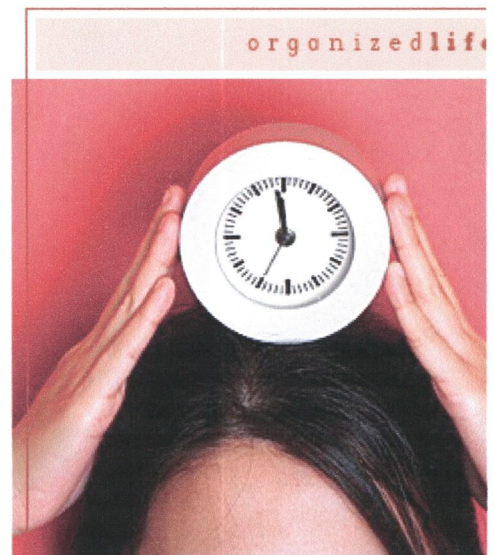
- Truth—Be honest with yourself: Is this a good use of my time?
- Love—Do I care about and love the things that fill my schedule?
- Meaning—Is what I'm doing reflect who I want to be?
- Purpose—Am I using my time wisely, or wasting it?

Write It Down!

Create a task list that includes every task that you want to complete. This can include everything from work tasks to tasks at home, to things you want to do just for yourself.

The task list doesn't work, however, if you don't write it down. Creating a list in your mind isn't enough. Then you have all of these little things bouncing around in your head until it explodes.

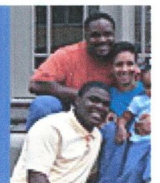
I call that method of time management "crazy making." So write it down and then you don't have to spend the energy remembering it.



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Nominate a friend for our TV show.

julie's jukebox

"Building Boundaries"

Turn up these tunes that all have something to say about it!

Artist: Bob Dylan
Song: Love Minus Zero...
Album: Bringing It ...

A Helpful Planner

I recommend people try some sort of planner to keep track of all their tasks. A paper-based or a computer-based planner work equally well; it depends on the kind of person you are. There's a good article about planners [here](#).

Most planners include a calendar, and this is where you really can take control of your time. Take a look at your task list and then make appointments with yourself. Set aside time to complete everything you want to do, including taking care of the house and giving yourself time for yourself. Then, create clear boundaries of your time for each task, when you start and when you'll finish. Ask each of the four questions above about all of the items on your calendar.

One thing I tell everyone who's starting to use a planner: don't get frustrated. Try to make your schedule flexible to account for the inevitable hiccups.

Make Your Time Matter

What you'll find when you've organized your time is that all of a sudden time has expanded. When you have clear boundaries, everything in your schedule just seems to come together. That's because you'll do a better job finishing your tasks. Unfinished business is clutter, and just like clutter in your home, clutter on your task list keeps getting in your way.

Another positive outcome of the task list is that you can evaluate what you're spending time on. If those activities aren't supporting and nurturing your goal of the type of person you want to be, then let go of them!

That's another example of time expanding. When you're doing something you truly love and not thinking about things you still have to do or you don't want to do, time slows down and you can really be in the moment. Like spending time outside this summer with your friends and family.

meetthemavens



scott ▶

june ▶

june Saruwatari | **theorganizingmaniac™**

Stuff. It can help us and nourish us. Or it can distract and weaken us. That's a foundational principle of my life philosophy.

I strive to give people with cluttered homes and cluttered minds new ways of thinking about organizing. Doing it right requires more than just putting stuff in boxes and closets and labeling them accordingly. It requires something deeper, something you could even call spiritual.

My aim is to help people not only change their day-to-day habits and routines for simpler living, but I challenge them to change their consciousness as well. I teach people how to get their lives in order, to get rid of things they no longer want or need, and, in so doing, create space for things that nurture and support them.

I've helped housewives, mothers, CEOs, investment bankers, attorney and architects, even some celebrities. And now, thanks to "Home Made Simple on TLC" I hope to reach many more people and help them focus on what's important in their lives, which is unique to each individual.

scott McGray | **masterhandyman**

Growing up as the son of an aeronautical engineer lent itself to some wonderful weekend projects assembling and disassembling just about anything that ran, whether it was under the hood of a car or under the hood of a clothes washer.

Inspired by my father, I studied engineering, too. What I loved most was figuring out what made things possible, what made them work and what could make them better. I loved dreaming up ideas and then figuring out how to best get them to work. Most of my home improvement knowledge has been self-taught, so there's a special emotional reward in a job well done.

My skills have come in handy at home, not only for major projects, like the home renovation I'm currently in the midst of, but for everyday needs, too. We all seek easier and better ways to improve our homes. Maybe that's a more efficient way to paint, a simpler way to entertain guests or a faster way to cook a great meal.

I'm so pleased to be a part of Home Made Simple on TLC because it gives me the opportunity to use the passion I inherited from my father to help people in need.

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WATCH US EVERY
SUNDAY AFTERNOON
1/12c ON TLC

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scott mc creary
TV personality

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