**12. Can I KonMari My Fridge? & I**’**ve Lost My Style After 7 Months of Working From Home**

**Alexandria Lawrence:** [00:00:00] Whatever it is you want to do, take a bit of time today and actually do it. Then, do it again tomorrow...

**Intro** [00:00:08]

Hello and welcome to ALSO in PINK. The podcast all about lifestyle design. How we live, the clothes we choose and how we organise our space. I'm your host, Alexandria Lawrence, a certified KonMari consultant and personal stylist. I'm here to guide you on your journey to live a happy, fulfilled life.

Every Tuesday, you'll get new insight on what it means to live well, plus actionable tips.

Redefine what's possible and create your ideal life. And now for something completely different. Today, we're shifting gears a bit. This episode is all about you. Each month I do a special Ask Alexandria episode where I answer your questions about life, KonMari and style. So, let's get started.

**About This Episode** [00:01:02]

Hello, and welcome to Ask Alexandria. This month's questions are wide ranging. There's a lot about the KonMari method, from how to clear your cluttered, unruly computer desktop to having a fridge full of joy. We discuss how to get yourself out of a pandemic style rut. And there are tips for bringing more of that daily joy into your life. Also, how can we all make more sustainable choices in our lives?

**Question 1** [00:01:34]

 The first question today comes from Ashley from New York, who's in customer services. She says: am I the only one? After seven months of working from home I have no idea what my personal style is anymore. How do I like to dress? I like comfortable, and that's all I've got.

 Well, Ashley, I hear you. And I'm sure you're not the only one who's struggling with your pandemic style for want of a better term. So here's another way of looking at it. The pandemic gives each of us a unique opportunity. To dress for ourselves and discover what that really means for each of us. We can redefine our relationship with clothes perhaps more easily than at any other time in history. Instead of being motivated consciously or subconsciously by how others see us, we can explore what works for each of us. How we genuinely want to dress. So, what does that mean?

If you're someone who's worked from home for the past seven months, ask yourself a few questions. What essential qualities do the clothes have that you tend to wear? If you choose comfortable as your go-to quality. Let's take it a step further. Do you feel good about yourself when you wear these comfortable clothes? Also, take a moment to think about what you'd like to achieve today. And does what you're wearing right now make you feel more or less able to achieve these things? If what you're wearing makes you feel ready and able to reach your goals. That's great. If it doesn't think of it as an opportunity. You have the chance to do some exploring and it might even be fun.

Let's keep things nice and easy. What's one thing you could do that would have the most impact? What's one article of clothing or accessory you could change right now that would make you feel good about yourself and more motivated to seize the day? Does that item already exist in your current wardrobe? The beauty of KonMari-ing your clothing is that it makes you fully aware of what you already have. What you love in your current wardrobe, that's also in line with how you want to live. You can of course have comfort and style. Athleisure is a whole category of clothing that's come into its own in recent years. And it's proven that activewear can be versatile and stylish for men and women, whoever you are and however you like to present yourself. There are tech trousers that looks smart and fashionable - the elasticated waistband for the modern era. You can even find sustainable athleisure brands to suit your ethical requirements. I'm all for comfort and style and in our disposable culture. I believe it's important to embrace quality. To make an investment in something you love. That's well-made stylish and season-less. Not just the latest, fast fashion must have.

So why not look at the pandemic as an opportunity to really get in touch with who you are, who you want to be and how you want to live. Let's use what we learn about ourselves now to shape how we step into the future. To shape how we live when the pandemic is behind us.

 **Monthly Review Spotlight** [00:05:02]

And now for our monthly review spotlight.

This listener will get a free 20 minute session with me to pick my brain about life, KonMari or style. So.

Congratulations to csandum who left a review on Apple Podcasts, USA on November 8th. csandum says: the perfect antidote to political chaos. I've listened to and enjoyed each episode of this lovely podcast. I now set aside a quiet time every Tuesday to shut out whatever chaos is threatening and relax. It was particularly helpful this past Tuesday as the American election really had me on edge. Thank you. Thank you for your continued support, csandum. I'm pleased ALSO in PINK has helped bring some positive calm into your life.

To redeem your virtual session just email me alexandria@alsoinpink.com. Let me know you left the review and I'll follow it up with a link to schedule a time for us.

**Question 2** [00:06:06]

Now we have a question from a repeat listener. How lovely.

Teresa a writer from London says. You were really helpful last time about dealing with digital photos and I've made a start at organizing them and changing my attitude about how and why I take them. Now I need your help with my computer desktop. If it were a teenager's room, there would be nagging parents telling me to clean it up. I have files all over and bits and pieces not in files. And I'm not coping very well. Is there a KonMari method of dealing with my digital mess? I suspect I speak for many here. Ah, yes. Teresa, I'm sure you do speak for many. In the workplace studies have shown that employees spend nearly two hours a day searching for and gathering information. So that's one solid work day each week, just looking for stuff. With so many of us working from home now and using our computers for personal and work stuff, our digital chaos is likely to feel more overwhelming than ever. So something like sorting out your computer desktop is an important step towards taming your digital mess.

The KonMari method, which is all about redefining your relationship with what you surround yourself with, what you own and how you want to live, can absolutely be applied to the digital world. I like to think of a computer desktop as a mini KonMari category. As Marie Kondo says. most tidying methods advocate, a room by room or little by little approach, which dooms you to pick away at your piles of stuff forever.

And that's why the KonMari method is so effective. Instead of dealing with a couple of files here and there, now and then, we commit to sorting it all out. After all, we're looking for lasting change. So here's what I'd suggest. Set aside some time schedule in an hour or two, however long you feel you need, and commit to dealing with your computer desktop.

Like any KonMari category, you begin with a pile, which I'm guessing you already have. Your digital pile of files on your desktop. First discard. Let's use the KonMari paper category for inspiration. And what's Marie Kondo's goal for papers? Yes, that's right. Discard everything. Mind you, that's the goal. Not to say you will or have to discard everything. But it's something to keep in mind. The concept of discarding everything helps you break old habits and really consider what it is you want or need to keep.

So let's go through your computer desktop files one by one and make some decisions. I'll make it easy for you. You have three options. Option one: bin it. Option two: file it. option three: take action. Let's create three folders on your desktop. Call them action, access often, access seldom.

Discard first. So for those desktop files you no longer want in your life, bin them. Then, for files that represent tasks you need to complete, pop them in your action folder. How to structure your digital files is another topic altogether. For now, integrate the contents of your access often and access seldom folders into your current file storage structure. Just make sure these folders and their contents are off your desktop. An important tip. Never store files on your computer desktop. This can slow down your computer. And as you've already found, a cluttered desktop makes things feel pretty chaotic. Don't however, remove your action folder from your desktop until it's empty. Think of the contents of this action folder as to do's. The faster you take action and complete them, the faster, you have a completely clear desktop. How lovely would that be? And how about a treat to celebrate organizing your computer desktop? That is once you've organized it, once it's completely clear. What will that treat be? There's no harm in thinking about it now. Sometimes we all need a little inspiration to do the grunt work.

 The idea behind the KonMari method is that you only have to complete the challenging process of confronting all the items you own, all your files, once. Then, like with digital photos, it's a matter of maintenance. Take regular action to save yourself from that computer desktop overwhelm. Once you have that sparkly clear desktop, I'm guessing you're going to want it to stay that way. Take regular consistent action to keep your digital space tidy and joyful. And most importantly, you'll then have the time and head space to do all of those things you really want to do... like write.

**Promo** [00:11:43]

Imagine... if you lived the life you really want. You know, your dream life.

Have you ever taken time to picture what it would look like? I mean, what it would really look like?

We're not talking about the life you feel you should have, but, deep down, the life you secretly want. Your ideal life. Maybe you already have a vision.

 You wake up after a good night's sleep on the most comfortable mattress ever. With pillows that support your head just the way you like. You go to your organized closet and choose colorful, unique clothes that fit you and make you feel good. Then pad through a clean, warm, uncluttered home to the kitchen. Your refrigerator offers up the most delicious, healthy options for breakfast. And you have a day of unstructured time stretching ahead of you to do with as you like. But. That's never going to happen, right? Wouldn't it be nice to take a step back, sweep aside all your worries... and imagine...

That's where I come in.

 I'm your host, Alexandria Lawrence, and I've developed an exclusive questionnaire for the ALSO in PINK community to help you create a vision of your ideal life.

Simply join the ALSO in PINK email list and you'll get instant access to our Ideal Lifestyle Vision Questionnaire. Go on then, make a cup of your favorite tea, or whatever floats your boat... Go to alsoinpink.com and click Start Now. Redefine what's possible & Create your ideal life.

**Interview Resumes** [00:13:28]

Abigail from Atlanta, Georgia, who's in sales says: I'm spending more time than ever at home due to the pandemic. And I don't always know what to do with my extra downtime. I'm trying to find small joys and accomplishments to improve my daily life. Do you have any suggestions?

 Well, Abigail. Finding daily joy is something we can all work harder to incorporate in our lives. And there are many places to get inspiration. There are even ideas from previous episodes of this podcast. Charlotte from Episode 2 finds joy in caring for her plants. Susan from Episode 3 has a morning hug, which sets the tone for the day and creates a great moment for family bonding. Relinde from Episode 7 enjoys snoozing and meditating. And the list goes on.

As you may already know, I too am obsessed with plants. I like to talk to them and sing to them when I water them. I like to have an early morning walk or an elevenses matcha latte. Earlier this year, I even got a milk frother, which works brilliantly with oat milk, one particular brand anyway. Oatly Barista Edition Oat Milk is the way to go. So an exciting frothy mid-morning drink is something I personally love. Whether it's a turmeric latte or a matcha, or sometimes even coffee. There are many delightful possibilities. I'm also a serial learner and developer of new skills. So, your daily moment of joy can be super simple. Whether it's taking time every day to brew yourself a cup of tea. Or play with a pets or cuddle someone or something. There are infinite possibilities. Take time to look out the window and watch the birds fly by. Dance to some music or doodle something on paper. Take 20 minutes to read the next chapter of a book you've been wanting to read. Watch an episode of your favorite Netflix show. Whatever it is you want to do take a bit of time today and actually do it. Then, do it again tomorrow. And so on and so on.

There are great resources for learning too. Skillshare and Masterclass are just a couple of examples of excellent online learning platforms. Why not teach yourself a new skill? It could even end up inspiring a new career. Or you could just learn something new and have a bit of fun. A lot of learning programs now show your progress and incentivize you to tick those boxes and get through the entire program. My mom has really got into learning Norwegian and one app she uses really gamifies the experience and inspires her to continue her daily streak. Currently 220 days and counting. Go Mom. So, why not take 10 minutes right now and brainstorm as many ideas as you can for fun things you can do. They can be super simple. And yes, make sure you actually do at least one of them today.

**Question 4** [00:16:53]

And finally, David, a graphic designer from London asks: can I KonMari my fridge? Yes, David, you can absolutely KonMari your fridge. The KonMari method as always begins with a pile. So get everything out of your fridge and lay it all out on your dining table, on your kitchen countertop, anywhere you have a nice bit of space. Now that your fridge is clear, this would be a good opportunity to give it a little clean. Yes, I can see those sludgy bits in the corner. Okay, now let's start by discarding.

Sustainability alert. UK households waste 4.5 million tonnes of food each year. US households waste nearly a third of the food they acquire. And according to the United Nations development program, up to 40% of the food produced in India is wasted. Food waste is truly a global problem. The chief executive of environmental charity Hubbub says. If food waste was a country, it would be the world's third biggest contributor to climate change. He goes on to say that transformational change can only be achieved by increasing the culinary skills of households, building greater awareness of the environmental impact of food waste and creating a consistent nationwide food recycling system.

 So getting back to your fridge. First off. Is there any food that's well out of date and otherwise inedible? Pop it in your compost bin. Don't live somewhere that collects food waste? Here's an extra credit assignment for you then.

Write to your local council or a member of your local government. Wherever you are in the world, in the UK, the United States, India, or elsewhere, your collective action, our collective action, makes a difference. I can personally speak for this. When I first moved into my new-build block of flats two years ago, there wasn't a food recycling program. Frustrated by this, I wrote to the local council. They were starting to trial a food recycling program for blocks of flats. And sure enough, a couple months later, my block of flats was officially part of the food recycling program. Results may not always come so quickly, but your voice matters. If enough of us take action and stand up for what we believe in change is possible. Getting back to your fridge.

Here's a top tip from my husband, Ben. Keep all your herbs together in a tupperware and they'll stay fresh longer. Ben does the bulk of cooking in our household and you can trust him on this one. So, after you've disposed of the inedible food in your fridge, what's left? Here's a KonMari top tip. Try to keep your fridge about 30% empty. That extra space can be used for leftovers and for food that might come in from your latest shop. Then be sure to store items by category, like with like, so it's clear where things are at a glance.

Clear storage is great for those items that need a bit of help keeping tidy and upright. And for best results, check that everyone who uses the fridge is on the same page when it comes to organization. Some friendly, and I stress friendly, household guidelines can keep the fridge a happy place for everyone.

And something I've personally noticed. If you have well and truly KonMari-ed your kitchen. And notice that there are specific areas you still struggle with, that's all right. This just means that you haven't quite found the right organizational balance for you and the people you live with. So if items get consistently misplaced, instead of being frustrated, think of how this area could be improved. How it could be reorganized to work well for everyone that uses it. After all, design and organization work best when they are tailored for the people who use and live in the people who enjoy that space.

**Finale: Quick-Fire Questions** [00:21:17]

To end the show, there's a quick fire round of questions for me. This month's questions are inspired by Vogue's famous 73 questions, but don't worry, we don't have nearly that many. And they are asked by my friendly assistant Gus, who may or may not be real. So take it away, Gus.

**Gus:** [00:21:37] What's the best way to have a rest?

**Alexandria Lawrence:** [00:21:40] Ooh, I have to say curling up in a fuzzy bean bag with a blanket. And being curled up close to a window with the sunshine streaming in and warming you. Mmmm... that sounds like something a cat would enjoy too.

**Gus:** [00:21:57] How would you define yourself in three words?

 **Alexandria Lawrence:** [00:22:00] Compassionate. Determined. Sparkly.

**Gus:** [00:22:05] What's your favorite smell?

**Alexandria Lawrence:** [00:22:07] Rain, or more accurately, the out of doors after it's rained. That fresh, earthy, rainy smell. And wherever you are in the world, that's a smell you can enjoy.

**Gus:** [00:22:22] Dark chocolate or milk chocolate?

**Alexandria Lawrence:** [00:22:25] Without a doubt. Dark chocolate. Preferably with whole hazelnuts or almonds and a dash of sea salt

**Gus:** [00:22:33] What’s your current TV obsession?

 **Alexandria Lawrence:** [00:22:37] David Attenborough. Essentially anything, but most recently A Life On Our Planet and Seven Worlds, One Planet. Aside from the stunning wildlife and nature, I admire the powerful environmental messages of these programs. Yes, climate change is real and we need to act now. The change David Attenborough has seen in his lifetime is remarkable and a stark warning to us all. On a different note, I'm pretty obsessed with the Queen's Gambit right now.

**Gus:** [00:23:12] What's the last piece of content you consumed that made you cry?

 **Alexandria Lawrence:** [00:23:17] The reaction of the crowd and speeches Joe Biden and Kamala Harris made on Saturday. ALSO in PINK is not a political podcast, but there's always a place for positive energy, goodness and compassion. Let our humanity bring us together and let's celebrate those who want to make this world a better place.

**Key Takeaways** [00:23:39]

Well, hope you enjoyed this Ask Alexandria episode. Is there something you'd like to ask me? Simply go to alsoinpink.com/askalexandria for a chance to have your question featured on the podcast. You have the option to submit a written question or record your message. And if you'd like to come up with your own quick-fire questions to ask me, please submit five or six questions for next month's Q&A. I look forward to hearing from you. So here are some key takeaways from the show today.

You can absolutely KonMari your digital world. As with all things KonMari, the idea is that you only have to do at once to confront all the items you own - all your belongings, all your digital files - once. Then, like with digital photos, it's all about taking regular small actions to maintain your sparkly clear digital, or physical, space.

Why not look at the pandemic as an opportunity to really get in touch with who you are, who you want to be and how you want to live. And what you choose to wear is an important part of who you are. If you're in a COVID style rut, see what one article of clothing you can change to immediately boost your mood and make you ready to seize the day.

I'm all for comfort and style. And in our disposable culture, I believe it's important to embrace quality. To make an investment in something you love that's well-made, stylish and seasonless. We all need to be more aware of food waste. Consider what you can do to be part of the solution. Is there a food recycling system where you live? If not, why not take action? Write to your local council or a member of your local government. It may not always feel like it, but your voice can make a difference. Doing nothing only achieves nothing. And there's nothing like a global pandemic to absolutely prove how connected we all are. Let's work together to make our shared world a better place. In all ways.

**Outro** [00:26:12]

That's our show then. Thank you so much for listening. I'm Alexandria, and this is ALSO in PINK. The podcast, all about lifestyle design. If you enjoyed the show, please subscribe to ALSO in PINK, wherever you get your podcasts. And the absolute best way to show your support is to write a review on Apple Podcasts or iTunes. This really helps more than anything to promote the show. And, of course, tell all your friends. Thank you so much for your support. Until next time, have a wonderful week. Redefine what's possible and create your ideal life.