



LOVE YOUR

MAY

TIME FOR YOU

Make life simpler

Forgot to spring-clean? No matter! Tackling a tiny clutter hot spot can give you the happiness spike of a bigger purge. "The smallest areas are often those you use most, so making them efficient helps life run more easily," says Erica Ecker, owner of The Spacialist, an organizing firm in New York City. Try the speedy spruce-ups below.

Smarten up your bathroom cabinet. It's the first thing you open in the morning after your eyes, so a neat space starts the day right. Box up products you don't use daily in a "drugstore" in your linen closet, Ecker says. To save room in the cabinet, put toothpaste and ointments in a cup rather than let them lounge horizontally. If the cabinet has two doors, stow hair products on one side and skin stuff on another to get ready faster. Metal cabinet? Stick a magnet to the door—tweezers holder!

Detox your digital desktop. To streamline your computer screen, dump desktop documents you haven't accessed in three weeks and probably won't again into an "old files" folder. Pull strays into folders for your projects. Scrap haphazard Post-its plastered on the monitor and jot reminders using Stickies software. "You can change their color and size to categorize them quickly," Ecker says.

Weed your wallet. A tidy billfold saves time and cash. If you have a smartphone, enter loyalty cards into the free CardStar app, which stores bar codes so clerks can scan your phone. Stash gift cards near your fave credit card, Ecker says: "If you bury them in the back, they'll lose value before you use them." Business cards belong in an inner pocket, where they'll stay pristine, the better to make a good impression. Cull receipts and coins nightly. No rummaging at the register! —Andrea Bartz

Toss it! Getting rid of even a few items can make you feel lighter.

BE SELFY NOW • On May 8, leave canned food by the mailbox for your postal carrier to pick up; it goes to needy Americans through the Stamp Out Hunger drive. • Be energized by Kate Nash's gutsy new album, *My Best Friend Is You*. • May 9 to 15, sleep more in honor of National Women's Health Week.