

Never Worry About Losing Your Keys Again

Running late and keys are **nowhere in sight**? You've retraced last night's steps to no avail, and once again have to dig out the spare? Once you do find your keys, you swear you will never let them out of your sight again. Yet the cycle continues to repeat itself. To always ensure a speedy dash out the front door, follow these **practical steps** to end the frustration of misplaced keys.

1) Be **consistent** by always keeping your keys in the same place. Regardless of how tired or distracted you may be when you get in the door, take the time to go directly to the spot to aid in starting this routine. Keep **sticky notes** on the inside of the front door, bathroom mirror, or fridge to remind you to immediately go back and put them in place.

2) Make sure the keychain you purchase is **sturdy**. Your key ring holds important items to you—keys to your home, car, office, and personal mail. Spend a little more money on your keychain to ensure their safety.

3) Do a **key audit**. If you do not like carrying a lot of keys on your chain, **sort through** them and **get rid** of ones you do not frequently use. Make sure all keys work and that you know what each is for. For easy identification, you can purchase keys cut with designs and patterns. Or, for a simple trick, paint the body of the key with colourful nail polish. Mount a hook rack on the wall and label them for **quick and easy access** when needed.

4) Whether you choose a **hook, bowl, or basket** by the door, make it fun. Buy an inexpensive funky coloured hook or pretty bowl that catches your attention. If you immediately hit the fridge when you walk in, keep your keys on top of the fridge. Try to choose somewhere out in the open where you can easily see them. Putting them in your jacket pocket can lead to panic when you cannot remember you put them there. In your

bag, briefcase or backpack, find **a regular home** for keys and get them back to this spot just as you would in your home.

5) Being absent minded is **no excuse** to losing keys. A good memory is often related to developing **good daily habits**. The key is to follow the routine of always using the same location. Once the habit kicks in, you will do it without even realizing you did.

6) Accidents can happen, so keep an **extra** house key tucked in your wallet or with a close friend.

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