

Shit We Don't Talk About Podcast
Episode 73 – Get Your Shit Together & Get Organized
Guest: JoAnn Krall

SPEAKERS

Mia Voss, JoAnn Krall

Mia Voss 00:04

Hey, welcome to the latest episode of shit. We don't talk about the podcast that takes on topics that need more open and honest discussion, which means some of these topics are triggering. So please take care when listening. And I'll always give you a trigger warning. For instance, here's one. Every episode contains swear words, you've been warned. Make sure to check out the show notes which include an accessibility transcript of the podcast and all of the links for our guests at Shitwedonttalkaboutpodcast.com. Ot's episode 73. And my guest is Joann Krall aka the sensible organizer. Today we'll talk about the many ways you can get your shit together when it comes to your home office personal life and more. PS I need this episode. Okay, strap in here we go. Jo-Kra, how are you?

JoAnn Krall 01:11

I'm good. How are you?

Mia Voss 01:13

Good. That's my pet name for Joanne because, you know, I'm kind of like we're gonna dive into what not to do. So like, what's, what's it called? The Marie Kondo method,

JoAnn Krall 01:26

the Konmari method? Yeah, it's not that it's not what to do. But it's like, it's not for everybody.

Mia Voss 01:32

So I like the Joe kromm method. Personally, I've known Joanne for quite a while. And of course, this episode is called Get your shit together. And I'm saying that in a not very nice tone of voice. But that's what you do is you help people get their shit together and get out from underneath. Ah, all the clutter, do tell to tell Joanne

JoAnn Krall 01:54

go. Yes, I help people get out from all the clutter. So, I've been helping people get organized for 16 years as a business, but probably a lot longer before that. And yeah, the past six, I've been doing it virtually, which has been really interesting. So I'm pretty much working with business owners, but helping them with their home, their business in their life, because it's a holistic type of deal.

Mia Voss 02:21

Now I'm gonna go ahead and jump ahead a little bit, but I was just watching hoarders because sometimes I like to feel better about my own clutter. And I want to watch somebody whose life is

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completely messed up. And I one thing that I noticed them say, and I'm gonna say this too, is that I've noticed that when one person said, Well, we keep buying things because we we misplace them. That's kind of be one of the biggest things with clutter just from a personal standpoint, right?

JoAnn Krall 02:53

Yeah. Oh, absolutely. I always say that clutter cost you money. I mean, there's that there's the buying the duplicate items. And then there's a whole host of other reasons, but that's probably the biggest reason is that buying buying what you can't find can't find that hammer. Those extra spices.

Mia Voss 03:08

I have. I have four hammers. I'm a single woman I live by myself who needs four hammers. I guess I have one for each level, my house and one for my car. Oh my god, I have a bunch. So what do you think are some of the biggest wasters so because I know time is money. So I know for myself, like trying to find stuff on my computer and, and all that so so dive in, tell us what's shit we don't talk about when it comes to getting your shit together.

JoAnn Krall 03:34

So yeah, I mean, I believe I always say that education is the foundation of everything but Right. Right beside that is organization. I mean if we are not organized, and organized doesn't mean everything all beautiful and pretty and neat. It really simply mean being able to find what you need when you need it quickly without wasting time. Or having to go access it again. And yeah,

Mia Voss 04:05

that's like that's like porn words to me what you're just like finding something easily without wasting time.

JoAnn Krall 04:15

That's super great. I mean, that's can be anything you know, getting yourself out of the house or creating a social media campaign pose. I mean, it's it applies to everything in life.

Mia Voss 04:25

For sure, so I've started on Joanne's program and we had a little pre call the other day because we have I've been applying I've known of and not always applying but trying to apply a lot of your methods and get I get overwhelmed not just based on on myself because think perfectionism, perfectionism, perfectionism, shame, those are so baked into why we don't get our shit together. Because it is so overwhelming or we don't think we're doing it the right way. Or we did a top five steps to easy organization and it's set up for failure about Don't write

JoAnn Krall 05:02

so much of that out there.

Mia Voss 05:04

Yeah, yeah, there is. So what do you think are some of the what are some of the biggest reasons why people don't get get organized or what overwhelms them? I know I have my own. But you've, you've been doing this for a lot longer. So let me tell you about why I'm here to learn at the feet of you.

JoAnn Krall 05:20

Yeah, the overwhelm is usually there. Perfectionism is a big, big piece for many people. But that's, that's not even the first thing. Sometimes it's just the sheer amount of stuff. It's just looking at it all. And not knowing where to start. In not knowing where to start is a whole host of questions. And it's not even like I could say, well, you start here, and you do this, and you do this. It's there's, there's many different ways of people being able to start. You know, sometimes for people, picking the easiest things, and going through all the easiest stuff, gets the motivated to the hard stuff. But then some people look at the little, the easy stuff is tedious, and they don't want to do it. So they need to be shoved into that, let's tackle that hard thing first. And let's get it done. Or use like somebody losing a loved one as an example. You know, getting rid of some of these clothes can be really hard for one person and easy for another. And you know, so it's every there's so many nuances to what we're letting go of, and what, what it means to us. And that leads me to, like how we feel about stuff and how we get attached to stuff. We can be attached to things for, you know, sentimental reasons. Or we can be attached to things because we've spent money on it. And we feel like crap, we throw it away. We're like, or give it away. We're like, well, I just spent all that money. I'm you know, it brings that shame and right, I've spent all this money or I didn't use it didn't work for me. And so there's that. And then I had a thought on one more thing. And I was thinking it's not knowing another piece is not knowing where to where to send it. Like we we want to get rid of things, but we don't know where to send it. A lot of people don't want to, you know, they want to treat the earth kindly. So they want to find kind ways to do that. Other people are so attached to their things that they want to make sure it goes to a really good home. They don't want to just pop it in a goodwill box, and hope it makes its way somewhere good. They really want to know it's going to somebody who truly needs it. So there's yeah, there's so many, so many nuances to why

Mia Voss 07:29

Yeah, so many. It's so true, so many threads to pull on. Because that that's exactly you're you're speaking my language of what I've been through in the last year of moving, deconstructing my life had been in the same place for four years. And then I literally went through that same thing. And it was interesting, when I went to the to the goodwill spot in where I was living before, you could definitely see that's what's going on in society, this had to be in about January or February. And you could just see these piles and piles of things that were being dumped off. Because that just people get super overwhelmed by all that. And I had the same dilemma as well that I really did not want to go and dump. But then I also knew I had to choose myself. In that instance, I did, I did organize it, I did separate it out. But Yay, thank you, I really had to go like,

JoAnn Krall 08:21

Oh, I love that. Because that's something I try to encourage people to say you know what you're doing at this time, that it's a gift to yourself, just letting it go. And just know that next time, it's okay, you'll you'll

make better choices in the future. Because that way you felt when you did that. It'll help you in the future. And that's all you can do. I mean, you know, we can just do our best. And that all goes back to perfectionism too. Like you want to do it the right way. But sometimes you just have to do the way that works for you.

Mia Voss 08:51

And I can Yes, and I really could see as much as I was joking about people in hoarders, I really can't see the mindset that you get into and I experienced it for myself too with food that I bought because I grew up in this this Born Again Christian cult I did podcast about that folks, if you want to go take a look at that one that was episode 65 And that was so interesting how it affected for me because a lot of it what the big push was was the revelations in the end times and this and that. So then you get into this that parlayed directly for me into the Walking Dead and some kind of apocalyptic thing where oh my gosh, I need to yes and and that what what would become valuable. And so I literally had noticed that for myself that I was like, do don't throw out that zip tie man you never know all of a sudden that's gonna be worth two bottles of wine and some kind of post apocalyptic where all these things and so I literally find myself I laugh at myself for filtering through my head. These weird ass items that I think that really do. Oh my gosh, what was it they had on Saturday night live their life They had a Jeopardy state where they go, what? Where can I find hot sauce? Duck Sauce, rubber bands and paper play pepper paper clips, she's like, look in the package you're looking at? Like, oh, man, that is, that is me for sure.

JoAnn Krall 10:21

So yeah, definitely consume what? Sorry, what you're what you're talking about is we giggle about it. Because it is a thing. That's human nature. And that's like, not everybody feels that way. But that happens to a lot of people. But when you talk about hoarders, it's a whole nother level because there's the mental the mental illness that comes into it. And, you know, for them, it takes the what you're talking about, and just amplifies it to a scary level.

Mia Voss 10:51

It does. In addition, shit we don't talk about because again, with a lot of this stuff for all of us, there's shame based in not being organized. And then there's shame in the results of how much time you had to spend to find something. There's, there's their shame and not being to apply things pretty easily, as well to this, let's swing into the business side of it real quick. Are you working with more entrepreneurs or larger businesses and tell me what some of their let's dish I love, I love to hear what other opp other people's problems, because at least in you enunciating what these problems are, it'll get people thinking about

JoAnn Krall 11:31

it. I'll tell you, I mostly, I mostly work with entrepreneurs and solopreneurs. I mean, some people have teams. So you know, I help with that. But it's mostly working with individuals and can their you know, because, you know, people want to I was talking about this with somebody today, people want to start with the system. And so they're like, well, I need the best system, because I need to be efficient and productive. And all this stuff is like, whoa, stop, you need to, you need to start at kindergarten and move

your way on through, and then get to, you know, the PhD of everything being perfect. So yeah, wait, so you want to know about some things that people struggle with in their business?

Mia Voss 12:12

And I will say this, what, what what that makes me think of two is that it's because it's learned behavior. So just like they say that people win the lottery and then are broke a year later, because they never learned a system, it's, it's really the same kind of thing to like, Sure, you can get that organized. If I came in and organized it everything didn't tell you what the system is, you're gonna mess it up really, really quickly. So yeah, go ahead.

JoAnn Krall 12:36

Yeah, yeah. And so that's, that's ties back to like people who, you know, like, we all love watching the home edit, it's eye candy, but holy crap, that would not help most people get organized, and they would just spend all this money and it would be a disaster, right? Or, you know, or the Konmari method where it's like, do it this one way, and it'll work for you. It works. And it's like, no, because not everybody has an innate ability to get organized. And that it all comes back to shame. When in childhood, people were like, what's wrong with, you know, the parents could be like, what's wrong with you? Why can't you just do this? Because, you know, maybe the parents organized, they can't understand that. It's not a function for everybody. And so then the parents will go in and say, Okay, well, this is how I'm going to teach you to do it. And it got back to school, this is how I'm going to teach you to do one thing. And it's like, you know, it just doesn't work. So cookie cutter solutions, that's what I'm trying to spit out there with all that. But yeah, so yeah, business owners. You know, I think, you know, what it comes down to for business owners is it's the, you know, the files, whether it's their paper, mostly digital now these days, but whether it's a paper and their digital files, and their, their, their finances, their books, their you know, dealing with clients, how do I keep all my clients stuff straight? And, and then there's the, you know, the scheduling and all of that are so much to it. People are just winging it by day by day, some people and you know, they're getting by, and they're, they're making it happen, but they're stressed out there missing appointments. I mean, I I kind of giggle when somebody asked to have no, I asked to have an appointment with somebody on my end, like, I'm asking them for help, and then they don't show up and I'm like, You need my help. Yeah, it's, you know, no judgment on like, it happens. I don't judge people for that. I know that, you know, some, you know, wires get crossed, and it all happens to all of us. But when you're organized, it will happen happen less. So yeah, I'm trying to think of what else we have puppies back barking in the background. So

Mia Voss 14:50

this, these podcasts are all about about life, folks. I would think too, that it would also be you know, duplicate or are things that you've subscribed to? or paid for? Or classes or apps? Things like that. And do you have some of your favorite apps? Again, let's have the caveat, y'all. Unless you work with Johanna, she can give you the roadmap to it. But I think you know, just giving out throwing out some some of your favorite things, too, that you recommend, like, like nimble, I don't know if you've ever worked with Nimble. So some people like, like a lot of these apps on their phones and things like that,

what are some of your apps that you've found? And again, we're not endorsing them, per se, but just some, either apps or techniques?

JoAnn Krall 15:38

Yeah, I mean, so I like to take a general approach to it. Again, I was talking about this today, I like, you know, for project management, I love clickup. But some people walk into click up and go, Oh, my God, and they run away with their hands up going up, because it's a blank slate. And it's a different way of looking at things. You know, so but so that's why I like to say, project management tools, right? I think every person should be using some sort of a project management system, it doesn't have to be an online tool, but they should be managing their projects in some way. Whether they're doing it, you know, analog on the wall with sticky notes, or they're using a system. So and then, and then having some sort of a, you know, for business owner, I think it's essential to have a scheduling software, I think everybody should have a way to schedule with people, even if you're just using, you know, like Google, you know, Google, you know, if you're setting it up in Google Calendar, making everything like automated, you know, type of thing. I personally, I use acuity for mine, but there's so many scheduling software's out there. So, yeah, I mean, I think so there's those so that, you know, having a project management system, a calendar, and then some sort of place to capture notes. And notes can be notes you're taking or notes like digital files that you want to save, that aren't necessarily, you know, sensitive information. So, for example, I use Evernote as my place to ask you, Steve Dotto is, he's brilliant when it comes to Evernote and he calls it his digital brain. And I'm the same way because I have it on my phone. So it's like if my you know, my husband says to me, oh, what's the brand of air filter we use for the heating system? And what's the size, I just pull it up on I burned out, or he could pull it up? I never know, because I've put it in there. And we've shared it, that type of thing. So someplace where you can store? You know, it's like your it's your library? It's your filing system? Yeah. I don't put anything sensitive in there. And all my sensitive documents are only stored on my computer and an external hard drive. But yeah, for businesses. Yeah, businesses. I think it's important to everything is individual, right. So like, you know, like, I use Kajabi to run my entire business for, you know, website, email courses. I'm, hopefully maybe doing a podcast someday. That type of thing. I have that all. All in that. So that's the way I organize my businesses through Kajabi for that, but you know, then they use the external stuff. But you know, as far as there's so many, there's so many apps out there for people like you know, you know, some people will say you got to do the Pomodoro method. That's the only the the Pomodoro method is something about you work for a certain amount of time and I don't know it by heart because

Mia Voss 18:35

tomato, yeah. Little tomato timer,

JoAnn Krall 18:40

whatever time Yeah. And that works for some people. And so I wouldn't say don't do that. But I would never say to somebody, you have to do this. I would never say to somebody, you have to time clock, you have to time block your schedule. But I don't time block. You know what I mean? So yeah, it's, you know, that type of thing. I just went off on a tangent, but no, it's it's good.

Mia Voss 18:58

And I want to mention so it's Steve Dotto. Do TT Oh, definitely go check it out as well, too. And I'll put some links in the show notes as well, because he's he's one of our favorites. He does live streams and smarty pants. So what are certain way what are some ways that you could think for, you know, for anyone to determine what or to not get overwhelmed and determine what works or doesn't work for them? Again, now, I'm asking you for short little things, but I think that helps to to help. No, no, you and I had this conversation the other day, too. It's like, what you don't want to bring condemnation to yourself and overwhelm. That's the last thing you

JoAnn Krall 19:34

want it Yeah. Yeah. So So oh, you know, it depends on what we're working with. You know, I always say start with purging. If you're if you're looking at your physical space, just start getting rid of stuff and don't stop getting rid of stuff until you've gotten rid of everything you can possibly get rid of. And that doesn't mean you have to be a minimalist. You do not have to be a minimalist. You should only have in your home or your office, anything that you love, or you need. You've got bunch of stuff. I knew that you love Do you need any of it? No, but you love it, and you display it. So that's perfect.

Mia Voss 20:04

I thought about yesterday when I got a little poofy hearts, I got bobbleheads, like, ya know, with David Hasselhoff on it.

20:14

So So you know, and just chip away, there's no, everyone thinks, Oh, I gotta go get organized, I gotta do it all at once No, Joe, you didn't gather all that stuff in one day. So just chip, chip chip chip away. And just keep doing that. Don't even think about systems. That's the key. So you know, you're purging. But it's important to not even think about where something's going, like the things that you're you're passing by that you're going to keep, just keep them there, just keep them there. And then, when you're done getting rid of everything, you'll have such a clearer view of, oh, now I can see maybe where I'll put things or, and also, when you're going through the decluttering process, you're learning about yourself. So this is kind of where you go into paper. So I don't always start with them. paper and digital, I do a little bit differently, just because the nuances, it's, it's constantly coming in. And so there's a little bit more you have to do. But even with that, I think don't think about the systems because that's what happens to people. They're like, Oh, I gotta organize my digital files. And they're just organizing clutter, because you can't organize clutter. And so we can

Mia Voss 21:19

we just stopped the interview right now, because that makes so much sense. Like, why would you figure out how to organize a bunch of shit, right? Like, why would you it's such a bass, awkward way to think about it. But it's really true, I think a lot of is to that of like trying to think of the system rather than the purging and then you know what you have to work with. And then you can start on also behaviors. Yeah,

JoAnn Krall 21:45

and part of the wanting to start with the system is totally natural, is the fact that you know, that's the fun part. It's the easier part. Because you're not having to get rid of anything, get the decluttering is the real meat of it all. And while you're decluttering like I said, That's so when you when you do get to the point where you're ready to do systems, you really got to sit with yourself and say, Alright, how the hell did it all get like this? What was I doing? So as you're going through to get rid of things, you're like, wow, I had piles of paper in every single room, Okay, gotta stop doing that. But doesn't mean you need a filing system, it may just mean that you either have to stop gathering all that paper, or it may mean that you just need to put those papers in one designated spot in a box doesn't have to be filed, as long as it's in a box labeled, you know, that type of thing. So there's so many different, you really got to understand because I'm a big believer in not changing people's habits too much, obviously, you have to change their habits, or else it's gonna go back but you have to kind of stay within their personality. I mean, I love files, I don't love to file, but I love having files. So I do my filing. You know, once a month, I don't really have a lot of paper anymore, but and I do my digital cleanups about once a month, but the I love it all to beat your files. Some people they don't care, you know what I mean? It's that's just too much work to do that so a box or a file on your desktop that just says 2022 is enough for them you know so

Mia Voss 23:19

that's so smart and so forgiving. I love that you said that stay within your personality. I think that's the biggest problem with a lot of these programs too is they take out the personality piece of it or the triggering piece of it some of that you do need to look at and that's where time blocking could work well if you just say consistently I will do this on Mondays and I and then also finding the days and the times that light you up because I remember in my ex husband he's not in those videos my ex husband that we would go through finances and money on Sundays not in not giving myself the the nod that I fucking hated Sunday's I have the Sunday blues for for, for myself a lot of different personal you know, childhood trauma kind of reasons. But yeah, I just realized like, I would always joke about how I want to break in the Smithsonian and break that little fucking 60 minutes, stopwatch because 60 minutes was always on a Sunday. That's how strongly I felt. Oh, wow. moved away from that day, instead of me saying I don't like finances, and I don't like money. I mean, no, it's not fun to go through it, but we change the date and the time. It was remarkable.

JoAnn Krall 24:37

Yeah. Yeah. You know, what I was thinking when you were talking about time blocking, you know, finding the days that work for you. But you know, we as women, that day could be a normal day, one day and then next. So it's like if I had set up, I'm going to do all of my bookkeeping on this day, and then I wake up that morning and I feel like crap, it's Like, time blocking is just boom out the window and a lot that will stress a lot of people out

Mia Voss 25:05

Sure. There's more than

JoAnn Krall 25:08

one, right? One person will say, I'll just move it. And they'll be like, No, I mean, I think about my daughter who she told me, I never had heard this from a client. And then when she told me, I started hearing it all the time, she cannot make lists, because they freak her out. Like she looks at a list, it makes her very unsettled. So she'll write down what she needs to do on post it notes very carefully and place them into you. So she's already figured out her own system, which I love. Yeah. And she doesn't. She also doesn't use a calendar. It keeps, she keeps it all in her head. She said something about putting it in a calendar. I don't. And I'm like that. Yeah, that's really, really interesting. She figured it out. She manages Yeah, she figured out her own method of work. And not everybody has the ability to do that. But that's where somebody like me comes in and helps you, you know, think, think about, you know, what you've done and why things

Mia Voss 26:03

sure might not work. So the first step, I just love this, of the decluttering really is the the first piece to freedom. Do what you need to do, don't get me wrong, but I would think that would also clear up your mind to go okay, now I can think clearly about okay, I fucking hate calendars, because I bought 15 In the last four years. And yeah, trigger warning on the language. By the way, I always say that. Wear your headphones on it's many of us in the bar. But you know, that's that's where you could see that, that kind of beat the behavior of like, oh, my gosh, I have to do 15 calendars that I bought that I only got to January that the third week in January, and then I stopped and then I bought one for the next year or two. So I door that I think that's, that's great. So of course, and I love with working with small businesses and entrepreneurs, it's such a fine line between what's going on in your home and your work, because generally be at your home, too. So talk more about that. And I'm going to, I'm going to set you up a little bit because you just did this post. And this is a conversation that you and I have had several times about losing your parents and what that was like the way that their lives were organized. And I've done a couple podcasts on this. So go back and listen to some of the death doula ones. And I'll put the links in the show notes too. But boy, the the, the the sweet, bittersweet beauty of your parents having their things together and then and then just changes in your life talk about how people can work with that, too.

JoAnn Krall 27:40

Yeah, so So my parents were on the on the extreme organization and prepared side. And, you know, to the point where they pre pre pre planned their prepaid their funeral, you know, so all i All we had to do is pick out an outfit flowers and songs, and that was it. But so they passed within weeks of each other, and they were quite young. So it was quite shocking. And, and they, you know, my father, you know, nothing was digital back then. So like, my father had a little box underneath his bed, and he said, you know, everything's in there, the key to the safe deposit box, which your name is on my name, you know, all the information is there. So, you know, here I was taught, you know, tiger, what's the word, dragging along two toddlers with me to bank after bank to the the, you know, everywhere. And it it really made it so much easier, because so my father passed away first. And my mother was in the hospital. So I was doing all this for like, a week visiting her doing this making sure you know, and then she passed away. And I was like, Oh, shit, what do I do now? And my lawyer was like, no, no worries, we'll

just do this and do this. And I was like, Okay. And so it was just such a gift. I mean, it, I can't even imagine what that would have been like, plus, you know, so that's the financial side of it is there's so much to that, you know, and if you're a business owner, you really got to think about that. If something happens to you, not only do you have your personal stuff, but you've got all the business stuff, too, that somebody needs to deal with. So you got to kind of prepare, I'm in the process of laying that all out right now. I haven't laid that all out. Okay. So you're moving

Mia Voss 29:30

along with us on this one. I love that. Yeah. No, it's intricate. And

JoAnn Krall 29:34

then, yeah, and then they also didn't leave me a lot of physical stuff. They had downsize there. They had sold their home, they moved into a condo years before they passed. And so they didn't have a lot of stuff. Which made life we were able to clear out their condo in a weekend, just three of us myself, my husband and my brother. And that was just such a gift. And so I'm you know, My girls are pretty much minimalist. And so we've been working on that as well, like I can tell but so much stuff. Yeah, this is my daughter daughter's back.

Mia Voss 30:11

This is a podcast but just she's my she's my

JoAnn Krall 30:13

interior. She is decorator one. Yeah.

Mia Voss 30:17

And that that gives me the reminder that we should do identifiers. So I'm Mia Voss, I made a blonde white woman. today. I'm wearing my little wire rimmed glasses. I have a blue sweater on and I'm in my slightly cluttered but very fun decorated office too. And tell us about you.

JoAnn Krall 30:36

I am also a white woman around the same age as me, I think just a year younger. So yeah, oh, when I'm wearing a black shirt, but don't tell my functional a person because I'm not supposed to be wearing black. It's just so slimming. It's your daughter's bedroom. Yeah, sorry.

Mia Voss 30:57

But because you're in you're going you're stepping down gently from the black wardrobe. And you have very lush, light brown hair. That's the slick and very, like sleek today to and ideal glasses. I've been working on the identifiers to be more to be better for everyone who's listening to this

JoAnn Krall 31:18

as well. I never thought I never thought of that. So when someone's listening, they can picture up my hearing blown.

Mia Voss 31:22

Yes, put on some lipstick to see, you know, I got my eyebrows tinted. So there's also that now you're gonna be really entertained by identifiers. And I that's been one of my favorite stories that you tell about that to really get people. You know, thinking about that mean? Talk about the discomfort of downsizing or going through things, the discomfort of thinking about not being here and thinking in terms of what if something I even thought about this the other day, Joanne I was I've been doing these hikes here in my neighborhood. And I've been going out without identification, and a phone that locks. So they're gonna be like, random, unidentified, blonde, white woman, we still haven't figured out who this video is sitting here for three weeks in the freezer. We got to make some room. Somebody tell me

JoAnn Krall 32:12

broadest. I have a tip for that though. Did you have your phone on you? I did. So you can make your lock screen. I used to have my lock screen last days. Because so because now with like the iPhone, like they just have to hold it up to my face. You did face? Exactly. No, you can make like, make like a little graphic in Canva. And you can just put in case of emergency call and whoever you want to have call on there. So you don't have to unlock your phone. I used to have that as my lockscreen.

Mia Voss 32:46

Thank you. And I was but my mom and I were talking about this too with with a rant about outfits and how pockets had been designed out of women's fashion for so long. And what what? And so we were talking about the fact that they do say that many this is grim, but I'm gonna say it anyway. Many women at accidents are not identified because their purse is thrown, their phone is thrown, they don't have you know, thrown out of the car. They don't have the ID on them. Right. So we're just walking around these identity identity lists, folks. So yeah,

JoAnn Krall 33:18

don't get tattoos that I am a

Mia Voss 33:22

little creepy. But I'm down for it. Right? I did. That'd be my ultimate identifier. So things like that to just thinking about, you know, what would happen if somebody can't, you know, get to your things. And then the things that are left once you're once you're gone. So I know we're looking at it from the grim thing, and I want and I also want to look at it from the the joy peace, the the Joe a crow, part of the joy Crow, gave me some really great advice for my tchotchkes and photos and things like that. Let's let's talk about that. And I'll tell you how I've incorporated that.

JoAnn Krall 33:58

Yeah, so with you're doing what, I love what you're doing, so anything like tchotchke like are memorable. Things knickknacks,

Mia Voss 34:06

by the way people sorry for those who don't Yeah,

JoAnn Krall 34:09

little anything that you're keeping because you love it not because you need it. So anything that's beautiful, or you know, good memories, you want to honor them and display them so meow meow had like for instance this weird little duck

Mia Voss 34:26

duck feet candy dish that you know popped up in my ads and this was my you are now a big girl moving out and doing your own thing present to myself last year and it just I find it to be one of the most divine things I've ever owned. But again, people were like, what's with the duck foot candy dish?

JoAnn Krall 34:42

Okay. But it's all good. Yes, yeah. So we talked about you because you had so much of it, changing it out with the season so you don't feel like you have to get rid of any of it. You can just kind of refreshing every every so often, however often it could be once a year to now And then what was the other thing? We were talking about photos? You were talking about photos? Yes. So yeah, so does is like we have personal photos, and then many of us have business photos. So you know, the business ones should be a lot easier to deal with for people. Because there's no, there shouldn't be any emotional attached to it, attachment to it. But really being mindful about what you're keeping, you know, do you need 27 copies of that, you know, you made a made a Facebook ad. And then you have the Instagram copy, and the Twitter, you know, whatever, different versions, you really, if you're not going to use it again, but you really want to save it, because you want to remember it, let's save one version, that type of thing. You know, just being mindful about what you're, what you're what you're saving, but also what you're taking, people just take photos, and they just, they just take photos. You know, back in the day, when we had photos, you know, developed, we just took photos, and then we did a whole packet and it'd be like, you know, blurry this or an eyeball would be all weird things in there. And I still see people keeping those two posts about going through and getting rid of all the crappy, crappy photos first, and that's about purging first. Photos now just go through them. And just even if you just go through and say keep, delete, keep, delete, keep

Mia Voss 36:16

Delete. And I mean, you're talking about digitally. And then I actually do have a whole bucket full of of them as well, too. I think identifying why it was important to you or what this moment was because you know, when you go and even maybe sit down, I was thinking about this too, because I did it with someone sit down and go through your photos and be like, Oh, this is when I was 16. And it made me think of it because I did one of those dirt. bagman, our little love reels on Instagram, and you know, found all my pictures from being a teenager. And then I was like, Oh, that was the first card that I had. And so, you know, Nancy, and either writing on the picture or scanning it or whatever, I'm sure some people are checking out that I said, even keeping the I like the hard copies of things. I have some old Polaroids and

JoAnn Krall 37:01

yeah, no, I I'm all for keeping hard copies of photos. I have not scanned any of mine. Only ones that I've uploaded to social media.

Mia Voss 37:09

Yeah. Since we started, just make sure when

JoAnn Krall 37:13

you write on them, you write on him with a, like a photo safe pencil, because you don't want to ruin them. But that's great for ones that you want to preserve. Like, you know, I mean, obviously, it's one that just means something to you. But it's fun for people. I mean, because, you know, I inherited, I thankfully didn't inherit 1000s of photos from my parents, but I inherited a fair amount. And there's some of them like, I have no idea who these people are. I mean, some I'm like, Oh, that's my grandmother from like the 1920s and her drinking a beer prohibition. But I know that her but I don't know who she's with. You know, right. And nice to know, you know? Yeah. The server everybody was best.

Mia Voss 37:48

Yeah, okay, good. Yeah, good. Yeah, good clues for the pictures either either better or digitally. I love the idea too, because I was going through photos. And I pulled some out that I that were friends when I was going to New York last month. And so I know they had not seen these photos in 20 years. So I brought this packet of photos with them and like do look at this, like then also reminded why I'm so happy that the cell phones and the internet were not around us. And then I saw my nephew last month, and I pulled out a bunch of pictures. This is Oh, this is your great aunt, your great, great Aunt Betty, and her your great great grandmother. And you're telling these stories and was able to bring him this little packet of a little fun memories. So and one other thing, and then I want to hear some pro tips before we get out of here. I know somebody else had mentioned to maybe even just doing a video of your tchotchkes too, and saying, I got this room here. And I got this room here. And I'm just saving that somewhere. Are you are you big, you mentioned that you're very cloud based. And that you also have an external hard drive is that it's one of your favorites as well to to keep things secure.

JoAnn Krall 39:00

Yes, anything that is personal, unless you're locking it like in a vault like LastPass or something like that. Even that, I mean, LastPass had a breach not a bad breach. It didn't breach anybody's a thing, but they somebody got into their back end to see how they do stuff. So you know nothing is 100% Nothing's 100% secure anywhere. I mean, if you have it on an external hard drive, God forbid, put it in a fire safe because your home, you know what I mean? Like nothing's 100% gonna say that. Yeah, I put anything with sensitive information only on my computer and on my hard drive. Okay, everything else, you know, I pretty much will I have a bunch of stuff on my computer and harddrive that's not necessarily sensitive, but I don't want to be cluttering up the cloud with it, you know. So, it's really about, I use the cloud for things that I want to have on the go. So you know, things that I might be if I'm at a conference or I'm on vacation, and I need to access it, I'll use it for that. But Everything else pretty much I just keep because I don't want to pay for storage, you know, and I try to, you know, I like to keep

Shit We Don't Talk About Podcast
Episode 73 – Get Your Shit Together & Get Organized
Guest: JoAnn Krall

things as organized as possible to some people just want to put everything on the cloud. There's nothing, absolutely nothing wrong with that. I would I would double backup things that are really, really important to you.

Mia Voss 40:17

But other than that, and again, I mean, honestly, speaking of wasting money, I go go back and look where you're spending your money right now I've got Google Drive one direction as I like to call it, which is Drive and Dropbox and I'm, I'm Yeah, low grade angry about that right now.

JoAnn Krall 40:36

I believe you should do a review of all your subscriptions, personal and business at least once a year. And you know, and note the put a reminder in your digital calendar, or if you're still using paper, put a reminder in there to review it before it renews. Because how many times have we got just renewed and

Mia Voss 40:57

renewed? Yeah, even if they sent an email or not? You get them? Yeah. All right. Any parting words of advice before we go? And then how do we find you?

JoAnn Krall 41:07

Yeah, no, I just, I always tell people just no matter what you're struggling with, just give yourself grace. Because it's not no matter if I don't care, who told you whether it was your parents or teachers or your friend that you know, just get rid of that? Get rid of that, get rid of that? Don't you know, don't take that personally, because, you know, we all we all hold on to things for for different reasons. And, and then when it comes to business, just don't listen to cookie cutter advice. You got to be really you if you hear something and it sounds great. Take a pause before you just dive all in. Because it just you could waste a lot of money doing that.

Mia Voss 41:47

Yeah, that's the one cookie cutter advice you can listen to.

JoAnn Krall 41:54

That's my cookie cutter advice. Don't listen to cookie cutter advice.

Mia Voss 41:56

It actually makes sense. It really is. But I think also finding your own recipe is everything in life is the most important, like figure out that one thing that works from you instead of and that takes some effort. Just like going through a decluttering is going to help you figure out what's important and you can really cherish a lot of things instead of going Why do I have all this shit? Right? Yeah, get shit together a couple of words like where can we find you and I'll put this in the show notes to

JoAnn Krall 42:23

Shit We Don't Talk About Podcast
Episode 73 – Get Your Shit Together & Get Organized
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it. My website is Joanne kroll.com. So it's Joan KR aol.com. And pretty much everything about me is there you can find all the all the good stuff. I'm on all the socials, all the socials. So pick your favorite one and you'll probably find me there. Might have a very unique name. There's only like three of us in the country. Excellent. I'm the only one that spells it this way.

Mia Voss 42:48

Yeah, that's so fortunate. Alright, honey, thanks for all the good info. We appreciate you. Thank you. It's funny. Thank you Hey, thanks for tuning in. You can check out the show notes and guests links at shit we don't talk about podcast.com If you liked this episode, please subscribe and give it a like or leave a review, especially if it's a good one. See you next time. Bye