

# *How to* CONQUER THE LAUNDRY



A free guide to help you fold  
your laundry easier and faster,  
which is where I excel.

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GET IT DONE  
BY STEPHANIE

# Laundry... Am I Right?

What a total pain in the butt. I've yet to meet someone who enjoys doing laundry. The separating, turning clothes right side in, pulling apart underwear from leggings, and fishing for that other darn sock! Just when you catch up on your laundry, the next day there's another whole hamper of dirty clothes waiting to be washed.



With this guide, I'd like to share some quality tips to make this arduous chore less annoying and faster to get through. Getting organized and making your life easier does require a habit change, but if it's for making things easier, isn't it worth it?

Some people suggest washing your clothes every Monday and Thursday, for example, and sheets and towels every Tuesday and Friday. Others say to do a little bit every day to manage the volume. To be transparent, I don't have much to share about the timing of your laundry. I'm best at helping you post-wash and dry.

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But I do have one very good tip - one very big tip that I use that makes my folding process so much easier, and that step happens before the clothes even get to the laundry room. This is - Mesh Laundry Bags.



## Mesh Laundry Bags

One of the most annoying parts of doing laundry for me is fishing out the underwear, socks, and any small items that need to get washed & folded. Separating these items right from the start is a game-changer!

All my clothes go into the hamper, but anytime I take off my socks, underwear, or bra, it goes right into my mesh bag that sits on top of my hamper. This step is a small extra step but makes a MASSIVE impact when it's time to fold the laundry.

Yes, it's a habit change, but a small one that will save you LOADS (wink wink) of time on the back end. I'm all about saving time, sanity, AND, most importantly, helping your future self!!

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## *Next Steps...*

When it comes time to take the laundry out of the dryer, you'll want to dump the clean clothes on the bed. Pull out the mesh bags and set them aside, then separate the bottoms from the tops, laying each piece flat atop one another.

## *We're Not Folding Anything Yet!*

All I'm doing is laying each one out, nice and neat, taut, and using my palms to press out the wrinkles. I'm making sure they are laid out nicely one after another. Stacking the tops like this will help the shirts, as they cool, to nearly press themselves. The heat from the stack of shirts helps to give that almost ironed look. I usually start with the tops because I feel they are more annoying to deal with.

Once the tops are done, you do the same with the bottoms. Now, at this point, you have two options. Option 1, you can go back to the tops and start folding. Keep reading to learn about Option 2.

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Setting yourself up to fold the same item over and over again is called an **automated repetitive task**. This process is often used in manufacturing facilities to streamline processes and will now be used to fold your laundry.

## What Exactly Does That Mean?

When you have to switch between two or more different tasks – here switching from tops and bottoms – you will keep re-engaging your brain, using more bandwidth to alternate between different motions or folding methods.

Instead of doing that mental shift for nearly every item you fold, you only have to mind shift between each pile: saving time, increasing efficacy, reducing physical strain, freeing up mental bandwidth, and conserving energy.



## Now, Let's Finish the Laundry

1. Without wasting precious time pulling out socks from sleeves or underwear from pant legs, empty those *mesh bags* and begin separating. I usually roll up my socks at this time and toss my underwear in the drawer. This is the only thing I do not fold. Guilty!
2. I mentioned that after you lay out the tops and bottoms, you have two options. Option 1 is to start folding and blow through it OR if your attention is needed elsewhere, you can leave the stacks laid out nicely.
3. Laying them out this way will prevent wrinkles if you don't have time to fold after laying them out. This is a better alternative to letting the warm clothes cool down in a ball in the laundry basket, allowing the clothes to deeply wrinkle and causing you to put in more work when it is time to fold them.



## In Conclusion

Nobody loves laundry and if they do, they don't. Anybody picturing how to spend their free time at home is not imagining themselves amidst burning hot duvet covers, with arms inside pants legs, and those darn socks!

I can't say this enough... my number 1 motivation is to help your future self because by doing so, you help save your future sanity, time, and energy in the long run.

So, will you try this new laundry method on your next load?



*Thank you!*

[Click here to see the mesh bags I use!](#)

[Video Tutorial 1](#)

[Video Tutorial 2](#)



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