

How to Stop Losing Things Using the 6-H Technique

Objective

To reduce misplacing and losing belongings by using the 6-H technique.

What to Know

Everyone occasionally misplaces things. However, some people seem to misplace some thing every day, creating stress for themselves and for the people around them.

To help you stop losing or misplacing belongings, you can follow the 6-H technique.

1. Home. Perhaps you have heard the slogan often used by professional organizers “everything has a home.” When you designate areas of your home for categories of items, it is easier to find them. For example, store your family’s essential items in an attractive storage unit by the front door. You might store household tools and batteries in a bin in the laundry room. Spend a few minutes every evening returning items to their “home.”

2. Hub. Like the “home” concept, a hub is the place to store most-used items. For example, place your wallet, phone, and keys in the kitchen hub. Use an attractive basket or bowl to make your hub noticeable so it draws your attention when you are in the room.

3. Habit. Get into the habit of visually scanning the space you are leaving to check for items to avoid leaving them behind.

4. Highlight. Make commonly misplaced items stand out with bright colors and unique shapes. Some ideas include:

- use a large, colorful keychain
- carry a unique, brightly colored tote or purse
- add fluorescent tape to the TV remote
- protect your phone in an eye-catching case

5. Here. Be aware anytime you put something down. You might say to yourself, “I’m putting my _____ here.” Look at the spot, pause, and give yourself a moment to take in the location. This will help you remember where you placed the item.

6. Hear. Invest in noise-emitting trackers for important items you repeatedly misplace. There are several brands (see www.thetileapp.com or Apple AirTags) that can attach to keys, phones, wallets, and other small items.

Here are a few more suggestions:

- avoid hiding items in “special places” because you believe you will remember where you put them
- keep a notebook to tape small but important slips of paper inside

Item	Strategy used	How it helped

What strategy helped you the most? Why?

Did you find that you lost items even when using the above strategies? Explain.

Can you think of other things you can do to avoid misplacing your belongings? List them.

Reflections on This Exercise

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
