

Declutter Tips

Get a handle on your decluttering by using some of these tips:

- Keep a spot for a decluttered items box
- Do it now – don't procrastinate. A little at a time and you will be able to declutter.
- "In a sense, clutter is the end result of procrastination" - Jeff Campbell
- Remember you are making room in your life, for the life you want. Don't get stuck in the past.
- Find a great charity you'd love to support with your stuff.
- Pick a small time frame that you will work on your area every day (5-30 minutes)
- If the calendar day's area is already decluttered for you, or you don't have that area, then go back and finish any area that you missed
- What time of day works best for you?
- Picture the area you want to declutter, like you want it to look before working on it
- Have a back up time or day to declutter when you miss a day
- Invite a friend to declutter one day, and work on your friend's house the next weekend
- If you are sentimentally attached you can try miniturizing things – take buttons off Grandma's blouse, photograph the bookshelf your Dad built, create a quilt from scraps of your school play T-shirts
- Do you love it, use it or need it?
- Is it worth the space it is taking up?
- Does it fit? Does it work? Is it helpful for this stage of your life?
- If you aren't sure of something, hide it in a box for a few months. See how you feel then.
- Each time you declutter you are able to get rid of more things, so even if you don't get it all done in one swoop, next time you work on that area it will be easier.
- Don't bring anything else into the house unless you really need it, during this decluttering process.
- If you do buy something, get rid of something similar. One book in, one book out. One purse in, one purse out. One outfit in, one outfit out.
- To get ahead of the game, you can do one in and two out.
- Track your decluttering time or circle the areas you decluttered on this calendar so you can see your progress. Try adding gold stars or stickers to your calendar.
- Always leave a room better than you found it.
- If your stuff doesn't fit your space, you have too much stuff.

You can do this! You can have a more peaceful and serene home. And it takes less time and energy than you think. Just get started!

Warmly,

Beth Dargis

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