

DECLUTTERING

- HOW TO START GUIDE -

1 COMMIT TO THE JOURNEY

This process is a journey. It's not about motivation but rather commitment and dedication to making a lifestyle change and mindset shift. BE READY!

2 DETERMINE YOUR STYLE

Take the time to explore and pin down your personal style. Consider using three words to describe it so you can stay focused on what you want.

3 FORMULATE A LIST

Construct a detailed list of all the areas in your home you want to declutter. Be specific and then rank them to prioritize the load.

4 DIVIDE + CONQUER

Time to do the work. You will want to schedule time, otherwise, you won't do it. Be realistic with your time and don't overload yourself to avoid overwhelm.

5 ASK THESE QUESTIONS

To keep the process moving, ask yourself these three questions: Do I need it?, Do I use it?, and Do I love it? If not, probably time to go!

6 DEVELOP SYSTEMS

Systems for discard items is a must. Depending on the space, consider donate, consign and trash. Also, re-home to family/friends.

7 DISCARD

Don't sit on your discard items. Coordinate drop-offs to appropriate locations on the same day or within a few days maximum.

8 RINSE + REPEAT

Analyze! Change what isn't working and perfect your process. Then, rinse and repeat for your next area. Organize and regularly check-in to stay on track.