

Declutter IN 7 DAYS

“The secret of getting ahead is getting started.” - Mark Twain

1 Living Room

- Extra furniture
- Electronics, remotes
- Books, papers, magazines
- Knick knacks

2 Bedrooms

- Knick Knacks
- Nightstands
- Under the bed
- Extra furniture

3 Kitchen

- Pantry- toss expired
- Duplicate baking dishes
- Duplicate pots/pans
- Utensils & food storage
- Small appliances/gadgets
- Under the sink
- Dishes & cups, glasses

4 Bathroom

- Expired meds
- Toiletries
- Make-up
- Hair care
- First Aid items
- Towels
- Unused/not needed items

STEP 1

Gather 5 boxes and label them **Trash, Recycle, Donate, Sell, 90 Day** (If you can't decide on an object, place in this box. After 90 days make a decision)

STEP 2

As you work your way through the list, ask yourself these questions.

1. Do I really need this?
2. Is it broken?
3. Do I have another item that is similar or can do the same job?
4. Is this something that I rarely use but can borrow from somebody?
5. Does this spark joy?

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Clothes

- Did not wear last 12 mo
- Duplicate clothing
- Clothes that don't fit
- Special occasion clothes
- Uniforms
- Clothes in disrepair

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Shoes

- Did not wear last 12 mo
- Duplicate shoes
- Shoes that don't fit
- Special occasion shoes
- Utilitarian shoes
- Worn out shoes

STEP 3

1. Take out the trash.
2. Take your donations to a depository or call for a pick-up.
3. List your items for sale.

STEP 4

- When you are out shopping, remember that everything you bring into the house, something has to go.
- Keep a donation box so that as you live in your home, as you come across items that you don't need or want, toss in the box. When the box is full, start a new one.
- When you think you need something, write it down. Re-visit the list after 3 days and then decide. Many things we think we want or need are actually impulse decisions.

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Paper

- Receipts
- Warranties
- Investment reports
- Records
- Magazines
- Books
- Bills
- Circulars, take-out menus
- Coupons

Lagom - not too little, not too much, just right.

Owning less is great, wanting less is better.