

A-Z of Decluttering

A monthly tips sheet by The Five Percent for Get Bullish

A great start: start with the space that **bothers you the most**, or one that'll impact your daily life most.

Buy containers **only** when you know what you need - you can use shoe boxes inside drawers etc.

Clear off a counter - only keep things you use **daily** there.

“**D**onate/Maybe” boxes: store items for six months, and see if you needed them. If not, donate them!

Everything should have a home.

Five minutes **only**: start five minutes at a time, so you don't get overwhelmed.

Get over sunk costs - assess the item based on what you value it at NOW, not what you bought it for.

Hangers: turn them the wrong way, and back again when you wear an item, to see what you wear.

Incoming papers: designate a spot for them.

Journey: decluttering is a **way of life**, not something to be checked off a list once!

Keep like things together.

Learn to love the uncluttered look - **enjoy** your new space!

Memories: Take a photo or write about the memory and the item. Keep the **memory**, not the stuff.

Note of encouragement: I've never met anyone who became a minimalist and then went back!

One a day: give one item away each day or fill one trash bag a day.



Pull everything out of a drawer. Clean it out, put stuff that belongs there back, and sort the rest.

Quick decisions for papers: trash / file immediately / note action required and put in an “action” file.

Relax – some areas of your house may take longer than others!

Seasonal items: keep in deep storage. Don't give something away you use seasonally.

Tackle one item at a time.

Use the **four-box method**: trash, give away, keep, or relocate. Consider each item individually.

Visualize: Take a minute to **visualize** the room - how do you want it to look? What is essential in there?

Weekend party: schedule a decluttering weekend (friends to help out, boxes and trash bags ready...)

Xcess: use a 30-day buying list. Don't buy anything (non-essential) until it's been on the list for **30 days**.

Yes you CAN do it! Pick up 3 things **right now**, and designate a good spot for each of them.

Zoning: create just **one**, small no-clutter zone, and then make the zone **bigger** each day.

One final thought:

“Everyone has a place in their house for forks. If you found a random fork in the bathroom or under the couch, you'd immediately know it didn't belong there and would return it to its drawer without another thought.”

Ideally **everything** in your life should be this easy to put away!



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