

9 TIPS FOR DECLUTTERING ANY ROOM

Is there a cluttered room in your home that you want to clean up and reclaim? Have you tried to tackle it, but get distracted and/or overwhelmed? These simple tips can help you get started, let go, and make measurable progress.

WHERE TO START

1

The Floor

If the floor is cluttered, start there. This will reduce trip and fall hazards and allow you to move around safely.

2

Top Down

If the floor is clear, start with clearing surfaces from the top down, including paperwork.

3

Clockwise

Still not sure where to start? Pick a starting point and clear every square inch before moving to the next spot.

HELPFUL QUESTIONS

4

Question #1

"When is the last time I used this?" If you still keep the item, move to Question #2.

5

Question #2

"If I didn't already own this, would I buy it now?" If you still keep the item, move to Question #3.

6

Question #3

"When will I use it again?" It's okay to keep things you love, have happy memories or are for special occasions.

SIMPLE GOALS

7

Time

"I'll spend two hours on the garage today."
"Let's see how fast I can clean off my desk."

8

Quantity

"I'm going to put away 30 items."
"I'm going to get rid of 20 pieces of clothing."

9

Area

"I'll completely clean this corner, pile, or shelf, etc."

BONUS TIP:

Have trouble staying in the room? Put a box by the door for items that belong elsewhere in your home. When you finish your tidying session, put those things away.