

DECLUTTERING TIPS



"The best way to find out what we really need is to get rid of what we don't." -Marie Kondo

01

INTENTIONS

Before you begin decluttering, set an intention for what you would like the end result to be and why that's important to you. Identifying your purpose for decluttering will keep you motivated throughout the process.

02

YOU ARE NOT YOUR STUFF

In a consumer world, the message is that our value is determined by the things we own. Your self-worth is not equal to your possessions. Write down the things that make YOU who you are. This will help you detach your identity from your stuff.

03

CREATE A PLAN

Write a plan of how you will go about decluttering. The plan should include a timeline for each area of your home, how you will organize (once decluttered), and the supplies needed. Breaking the process down will give you a birds-eye view of the project.

04

SMALL STEPS

Don't tackle the entire house at once. It's too overwhelming and you'll quit. Undertaking small areas will keep you motivated when you see the progress you are making. Small steps are still steps forward, even if it's one cupboard.

05

ASK QUESTIONS

Don't know what to get rid of? Ask yourself a few questions to determine if you should keep or toss it. "Do I need this?" "Do I love it?" "Does this improve my life?" "How many do I need?"

