

DECLUTTERING

| the first step in organizing your stuff and your life |



WHY DECLUTTER?

We waste time looking for things lost in piles or stacks of clutter.

We waste money on replacements and duplicates because we can't find or don't know what we have.

We waste money on late fees when bills are lost in the mess.

The tasks of cleaning and organizing in a constant state of need right in front of our eyes add stress to our lives.

We feel guilt and embarrassment when we see—or when others see—our mess.

We lack space to do certain activities that require more room.

We're distracted from things requiring our attention and focus when surrounded by too many visual stimulants.

Our creativity and productivity is inhibited by the lack of open space that allows us to think, brainstorm, and problem-solve.

Questions to ask yourself when deciding whether or not to keep something:

1. Do I *LOVE* it?
2. Does it spark joy?*
3. Does it align with my values system? (space-efficient / non-toxic / beautiful / high-quality / _____)
4. Do I use it regularly?
5. Do I have room to store it properly?
6. Would I buy it again?
7. Would I spend \$__ on it?
8. Would I take it with me if I moved?
9. Would I miss it if it disappeared?
10. Would I rather have the money I could make by selling it?
11. Is it easily replaceable if I end up regretting letting it go?

***Recommended reading: *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* by Marie Kondo**

"Minimalism will never be the end result, for it is the process I admire more than the aesthetic."

– Kate Arends

- DON'T get rid of anything that does not belong to you! While your parent's or sibling's messiness might bother you, try inspiring them to tidy up by simply seeing how the decluttering process has improved your life.
- DON'T allow others (especially family members) to see what you are getting rid of. They may try to talk you out of letting go of something that you have already decided you don't need, or even take offense at something you've chosen to discard.
- DON'T pass your junk (and with it, the clutter and stress that entails) off on friends or younger siblings as a guilt-free alternative to throwing something away.

THE ONLY THINGS YOU SHOULD KEEP ARE THE THINGS THAT ARE SERVING YOU WELL [TRULY NEED]
+ THE THINGS THAT MAKE YOU HAPPIEST [TRULY WANT] >> EVERYTHING ELSE GOES.