

Empower Me to Be Clutter Free

Clutter is a disordered collection of things that impedes movement or reduces effectiveness.

What are the negative effects of clutter in your life? Does it impact your relationships, your energy, your self-esteem, or your budget?

Action Steps

- Make a Plan. Visualize the end result; what should that space be used for?
- START! Do Something. Set a time limit so you don't feel overwhelmed.
- Schedule time to organize and declutter.
- Set a deadline to be done. Invite someone over to make the deadline real.
- Keep it going. Work at it every day.
- Enlist help from others if you struggle to make decisions.
- Work fast! Decide that you will quickly select the most important items from the pile and start. Again, set a time limit so you don't feel overwhelmed.



Helpful Supplies:

- Timer
- Shredder
- Markers
- Packing Tape
- Bags/Boxes
- Labels (trash, relocate, replace, donate)

Places to Donate:

- Other People
- Charities (Salvation Army, Goodwill)
- Resale/Thrift Shops
- Historical Society
- County Museum
- At the Curb

Recycle:

- Check Local Options
- Community Drop Off Boxes
- Hazardous Waste Day
- Document Shredding

Places to Sell Your Stuff:

- Yard Sale
- Online
- Estate Sale

What excuses are you using to avoid dealing with the clutter?

Clutter Thinking

Be Honest

I might need it someday.	Can you find it if you need it? Do you buy more because you can't find it?	I am organizing for how I live TODAY, not tomorrow or yesterday.
It reminds me of ____ It was ____	We don't have to possess "things" to keep memories. Take a picture, keep a journal, or make something new from memorabilia.	I am creating space for today's activities so that I can create new memorable moments.
I'm saving that for the kids.	Will they want it? Save only the number of items they can handle. Chances are, they have what they need. If they need it, give it to them now.	I will save items that make me happy and fit in my space. My children will acquire their own items.
It is old and valuable.	Is it really? What will have to happen in order to realize the value? Can you find a buyer?	I will decide if I will find the value and a buyer. If I will not receive money for it now, I will donate it to a charity and get a tax deduction.
It is perfectly good.	Am I using it? Is it a good item to donate?	I am creating space for the things I am using. I am donating so someone else can get use out of it.
I had plans for that.	Is it still a viable project? Will you do the project?	I will eliminate projects that have not been done within the last year so that I can focus on current projects.
I don't know where to put this.	Is this an item that deserves space in your life? Why are you unsure of where to put it? (No space? No order?)	I will create organized space for items I use and have.

Daily challenges

- Clean under the bathroom sink
- Remove 5 things from your home
- Organize a kitchen drawer
- Clean off a shelf
- Invite someone over
- Remove 10 things from the house