

DECLUTTER YOUR HOUSE IN 3 STEPS



What's old is new again. What you want to do here is what organizers like to suggest as shopping in your own closet. You select items that you haven't worn and wear them again. You can extend this concept by shopping in your basement as well, etc.

Do this once every quarter. You'd be surprised what you own that you have forgotten about.



Choose a room and participate in the activity of shed or keep. If you find items that you haven't used in over a year, it is not important and it's time to shed it. If you feel like you can't part with it, put it in the keep file. After you have the two piles (shed/keep), go through the keep pile and figure out if there are things you would feel you could sell. Although this can be considered shedding, you are exchanging the item for something else, i.e., money.



Commit to 30 minutes every week to declutter a portion of your house or workspace. Set a timer for the 30 minutes and stop when it rings. It's much easier to get small chunks of work done consistently than to try to tackle everything in one session.

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