

My Top 6 Decluttering Tips

1

Make A Goal

Create a list of the areas that you want to declutter. Then number them based on importance to you. Start with the most important area.



2

SET ASIDE 15 MINUTES

A big decluttering project can be really overwhelming. Set aside just 15 minutes to go through one area. Just getting started will help motivate you!



3

20/20/20 RULE

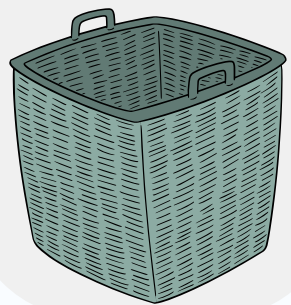
If you are struggling with getting rid of an item think, "Can I replace this for \$20 or less, within 20 miles of me, or in 20 minutes or less."



4

NO more bins !

Decluttering is supposed to help us get rid of the things we don't use!



5

Forgotten Items

If you have found an item while decluttering that you have forgotten about it is probably time to say goodbye!



6

REMEMBER THIS FEELING

When you have completed decluttering remember how relieved you feel! Excess things often mean excess stress !

