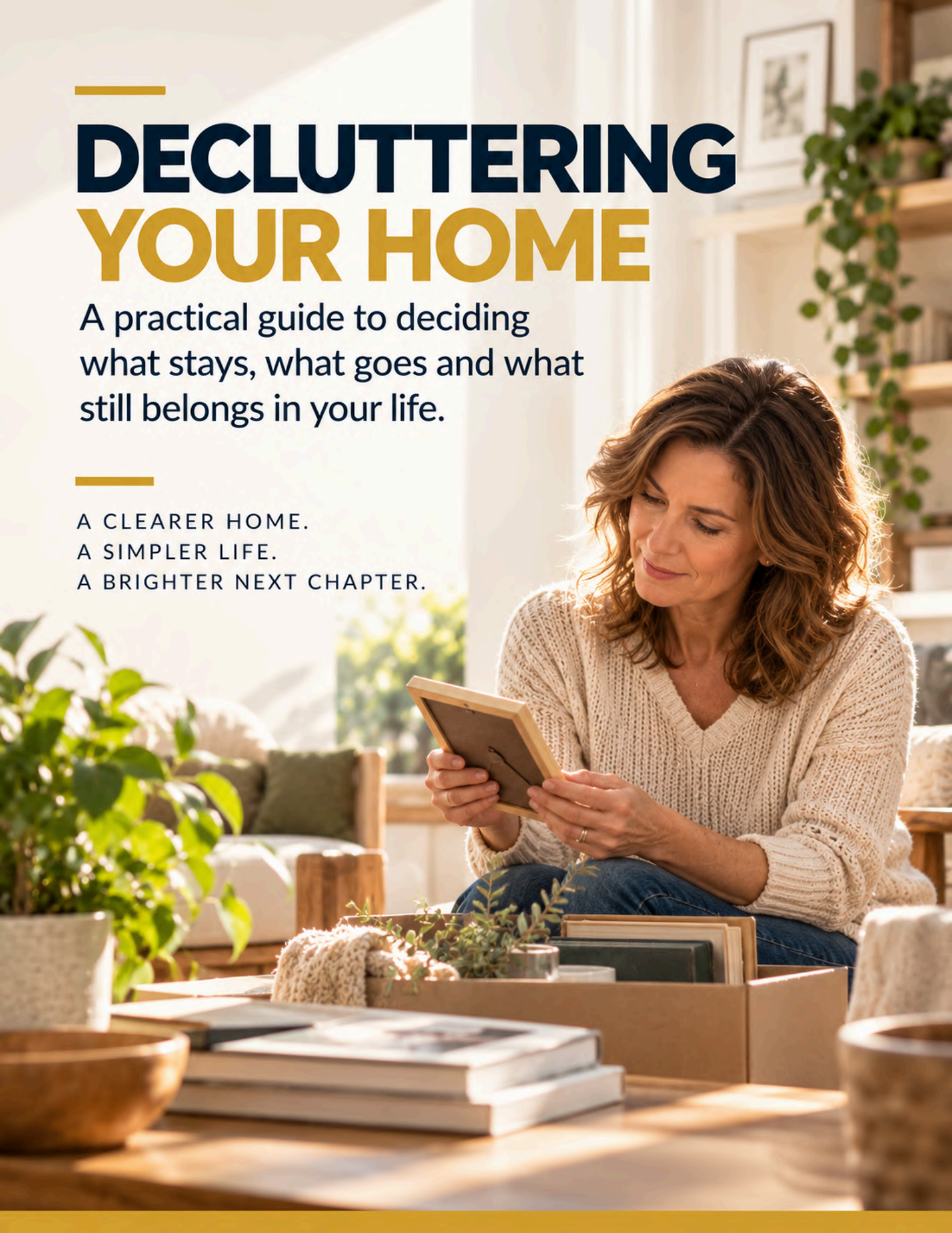

DECLUTTERING YOUR HOME

A practical guide to deciding
what stays, what goes and what
still belongs in your life.

A CLEARER HOME.
A SIMPLER LIFE.
A BRIGHTER NEXT CHAPTER.



It's Okay.

You Don't Have to Do It All at Once.

If your home feels full, disorganized, or simply harder to manage than it used to, you're not alone.

Decluttering can bring up more than decisions about things. There can be memories, guilt, uncertainty, family expectations, and the feeling that you should have dealt with it sooner.

You don't need to solve all of that today.

This guide is designed to help you make thoughtful decisions at your own pace. You don't have to get rid of everything. You don't have to create a perfectly organized home.

The goal is simply to create a home that works better for the life you're living.



Start With Your Why

Before You Start Sorting, Get Clear About What You Want to Change.

Decluttering is easier when you know what you're working toward.

Maybe you're preparing to sell. Maybe you're getting ready for a move. Maybe your home simply feels harder to manage than it used to. Or perhaps you want less visual noise, less maintenance and more space to enjoy the things that matter.

There is no wrong reason to declutter.

What prompted me to start?

Was there a specific event, change or realization? What made you think, *something needs to change*?

How does my home feel right now?

Does it feel crowded, stressful, difficult to maintain or simply no longer suited to the way I live?

What do I want my home to feel like?

Think beyond how you want it to look. Do you want more calm? More space? Easier routines? Less maintenance?

What would make this effort worthwhile?

Be specific. Maybe it's clearing the garage, simplifying the kitchen, making a room usable again or preparing your home for its next chapter.

What's made this difficult in the past?

Time? Energy? Attachment? Not knowing how to start? Understanding the obstacle can help you choose a better approach this time.

You don't have to know exactly where you're going before you begin. You just need enough clarity to take the next small step.

Before You Start

Prepare Yourself Before You Prepare Your Home.

Decluttering doesn't require a perfect plan. It helps to begin with a realistic idea of what you want to accomplish and how much time and energy you actually have.

Set a Realistic Goal

Define what success looks like for you.

It might be clearing a kitchen counter, simplifying a closet, making the garage usable again or preparing one room for a future move.

Keep the goal specific and achievable.

Don't Aim for Perfect

The goal isn't to sort everything in one weekend. Improvement matters more than perfection.

Some areas will be easier than others. That's normal.

Be Kind to Yourself

Some possessions carry memories, history or emotion. If a decision feels difficult, give yourself permission to pause and come back to it later.



Picture the Result

Think about how you want your home to look — but more importantly, **how you want it to feel.**

More space? Less maintenance? Easier routines? A calmer environment?

Having that picture in mind can make the decisions ahead much easier.

You don't have to transform your whole home at once. One thoughtful decision is still progress.

The Questions That Help You Decide

You Don't Need a Perfect System. You Need a Better Question.

When you're deciding what to do with something, try looking beyond whether you've used it recently.

Does It Matter to Me?

Does it have meaning, usefulness or genuine value in your life?

Does It Fit the Life I'm Living Now?

Are you keeping it because you use it — or because you used to?

Would I Choose to Bring It With Me?

If you moved tomorrow, would you make room for this in your next home?

If I Let It Go, What Am I Actually Giving Up?

Sometimes the answer is very little.
Sometimes an item genuinely matters. Give yourself permission to see the difference.

The goal isn't to own as little as possible. It's to make thoughtful decisions about what still belongs in your home and your life.



Make the Process Manageable

Small Steps Are Easier to Finish Than Big Projects.

Decluttering can become overwhelming when you look at your entire home as one enormous task.

Instead, make the work smaller.

Start Small

Choose a drawer, shelf, closet, cupboard or small section of a room.

Finishing something small creates momentum.

Work on One Area at a Time

Avoid jumping between rooms.

Complete one space or category before moving somewhere else. Seeing progress makes it easier to keep going.

Set a Time Limit

Try 20 or 30 minutes rather than committing to an entire day.

When the time is up, you can stop — or continue if you still have the energy.

Work With Your Energy

Some decisions require more concentration than others.

Do the harder work when you have the most energy and leave simpler tasks for when you're tired.

Take Breaks

Decluttering can be physically and emotionally tiring.

A break isn't giving up.

It's part of the process.

Remove Things You've Decided to Let Go

Once something has been donated, sold or discarded, move it out of the space.

Otherwise, yesterday's decision can become tomorrow's reconsideration.

You don't need a weekend-long marathon. Consistent small steps can change a home.

Five Decisions

You Don't Need to Decide Everything in One of Two Ways.

Not every item needs an immediate **keep or throw away** decision.

Use these five choices to make the process more manageable.

1

Keep

This belongs in your life because you use it, need it, love it or genuinely value it.

2

Pass Along

Someone else could use, appreciate or enjoy it.
This might mean giving it to family or friends, donating it or finding another useful home for it.

3

Sell

The item has enough value that selling it makes sense — and the time and effort involved are worthwhile.

4

Decide Later

Some decisions are genuinely difficult. Put uncertain items in a clearly defined temporary place and give yourself a specific date to revisit them. "Decide later" should be a pause, not permanent storage.

5

Let Go

The item is no longer useful, meaningful, wanted or worth the space it occupies.
Letting it go doesn't erase its history or significance.

You are not deciding whether an object is good or bad. You are deciding whether it still belongs in your life.

The Hardest Things to Let Go Of

Sometimes the Object Isn't the Difficult Part.

Some things are easy to sort.

Others carry memories, relationships, expectations or a sense of identity.

Family Heirlooms

You can value where something came from without automatically keeping it forever.

Ask yourself whether you genuinely want it, whether you have space for it and whether it still has a meaningful place in your life.

Gifts

A gift can have fulfilled its purpose even if you no longer need or want the object.

Appreciating the person doesn't require keeping every item they've given you.

Children's Things

Adult children may want some things and not others.

Give them an opportunity to decide, but don't assume that everything you have kept for decades automatically needs to go with them.

Photographs and Memorabilia

You don't necessarily need every physical item to preserve the memory.

Consider what you genuinely want to keep, what can be photographed or digitized, and what memories can simply remain memories.

"What If I Need It Someday?"

This is one of the hardest questions.

Instead of asking whether you *might* need something someday, ask:

How likely is that need?

What would it cost to replace?

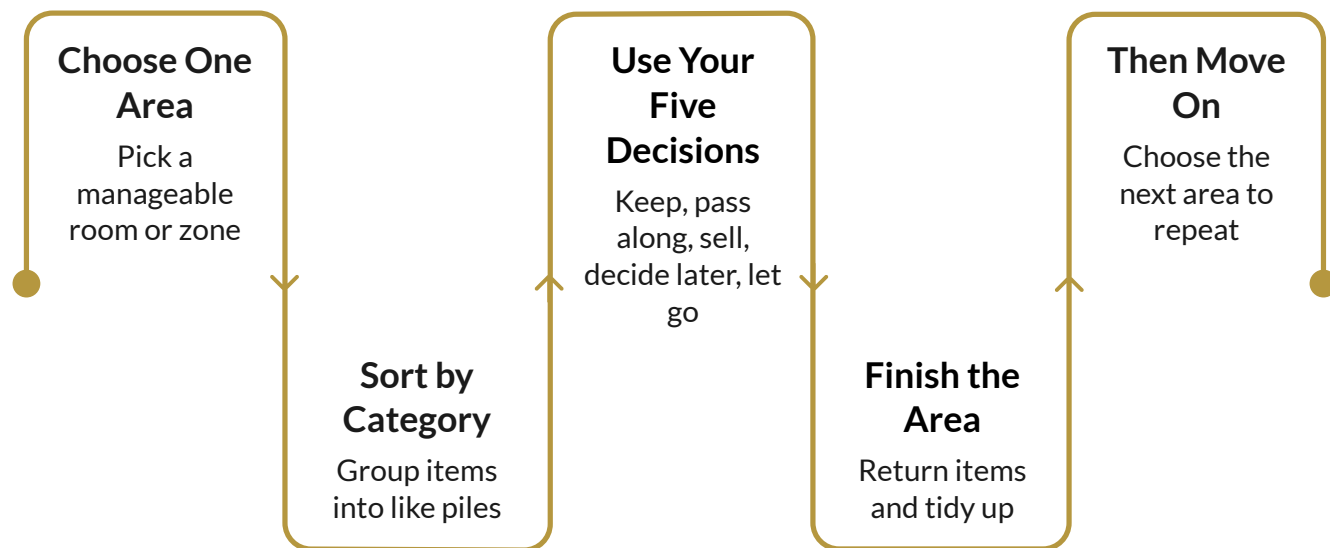
Would I actually choose to keep this if I were making the decision today?

Letting go of an object doesn't mean letting go of the memory attached to it.

Work Through Your Home One Area at a Time

You Don't Need to Declutter the Whole House at Once.

A room-by-room approach gives you a clear place to begin and makes progress easier to see.



Choose One Area

Start with somewhere manageable rather than the most emotionally difficult space in your home.

Sort by Category

Work through similar things together when it makes sense — clothing, books, paperwork, kitchen items, tools, etc.

Use Your Five Decisions

For each item, decide:

Keep • Pass Along • Sell • Decide Later • Let Go

Finish the Area

Don't leave piles from one room scattered throughout the house.

Complete the decision-making and move items to their next destination.

Then Move On

Once one area is finished, choose the next.

Progress is easier to maintain when you can see it.

Decluttering Before a Move

The Best Time to Decide What Comes With You Is Before You Pack It.

Decluttering isn't only useful when you're staying in your current home.

If you're preparing to sell, moving to a different home or considering downsizing, the decisions you make now can make the eventual transition easier.

Think About Your Next Home

If you know where you're going, consider the space, layout, storage and lifestyle it will support.

If you don't know yet, think about the kind of home and life you're moving toward.

Ask Before You Pack

Would I choose to move this?

Will I have a place for it?

Does it support the way I want to live?

Is it worth paying to pack, move and store it?

Don't Wait Until Moving Week

Trying to make thousands of decisions while packing creates unnecessary pressure.

Start earlier, work in manageable pieces and give yourself time for the harder decisions.

Decluttering before a move isn't about making your home look empty. It's about making the move itself more manageable.

What to Do With the Things You're Letting Go

Making the Decision Is Only Half the Job.

Once you've decided something no longer belongs in your home, give it a destination.

Give It to Someone

Family, friends or community organizations may have a use for things you no longer need.

Donate

Choose reputable organizations and make sure items are clean, usable and appropriate for donation.

Sell

Selling can make sense for valuable items, but consider the time involved.

Photography, listing, communication, negotiating, arranging pickup and dealing with no-shows all have a cost.

Not everything worth something is worth selling.

Recycle or Dispose Responsibly

Some items shouldn't go into regular garbage.

Check local options for electronics, hazardous materials, batteries, documents and other items requiring special handling.

Don't Create a New Pile

A donation pile sitting in your hallway for three months isn't finished.

Give the items a destination and move them along.

When You're Finished

A Simpler Home Is Easier to Maintain.

Decluttering isn't about reaching some permanent state of perfection.

Life continues. Things come into the house. Priorities change.

A few simple habits can help prevent clutter from rebuilding.

Give Things a Home

When everything has somewhere to go, putting things away becomes easier.

Pause Before Buying

Before bringing something home, ask:

Do I need it?

Where will it go?

Will it genuinely improve my life?

Review Occasionally

You don't need another massive decluttering project.

A quick review of closets, cupboards, wardrobes or storage areas from time to time can prevent accumulation.

Keep the Standard Realistic

Your home is meant to be lived in.

The goal isn't a showroom.

The goal is a home that feels good to live in and manageable to maintain.

A Different Way to Think About Your Stuff

Your Home Holds More Than Things.

Every home contains years of decisions, experiences, relationships and memories.

Some objects still belong in your life.

Some have served their purpose.

Some may be waiting for a decision you've been putting off.

Decluttering gives you an opportunity to look at those things with fresh eyes.

Not with guilt.

Not with pressure.

Not with the goal of getting rid of everything.



Does this still belong in the life I'm living?

And if the answer is no, that's okay too.

You get to decide what comes with you.

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