

Keeping your house **uncluttered** is mostly about setting up simple systems and small daily habits. Here's a practical guide to help you stay on top of it:

1. Start with a Declutter Session

Before you can *keep* your house uncluttered, you have to **reset** it.

- Go room by room (or even one drawer at a time).
- Use the **four-box method**: Keep, Donate, Trash, Relocate.
- Be ruthless — if you haven't used it in a year, it's probably not essential.

2. Give Everything a Home

Clutter builds up when items don't have a proper place.

- Create a **designated spot** for everything — keys, mail, shoes, etc.
- Use bins, baskets, and drawer organizers to keep categories separate.
- Label storage areas if it helps other household members stay consistent.

3. Follow the "One-Minute Rule"

If something takes less than a minute to do — **do it now**.

Examples:

- Hang up your jacket.
- Put dirty dishes straight into the dishwasher.
- Toss junk mail right away.

4. Build Daily & Weekly Habits

A few small routines go a long way:

Daily:

- Clear counters before bed.
- Do a quick 5-minute tidy in each main room.

Weekly:

- Go through mail and paperwork.
- Return stray items to their proper homes.

5. Be Intentional About What Comes In

You can't stay uncluttered if more keeps entering your space.

- Follow a **"one in, one out" rule** for clothes, kitchen tools, toys, etc.
- Wait 24 hours before buying non-essential items online.
- Unsubscribe from marketing emails that tempt impulse buys.

6. Shift Your Mindset

Think of clutter prevention as a lifestyle, not a one-time project.

- Focus on **enjoying open space** rather than filling it.
- Celebrate progress — even small improvements add up over time.

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