



Tips to Declutter Your Home

Decluttering tips to get you started on decluttering your home

- **Start with 5 minutes at a time.** If you're new to decluttering, you can slowly build momentum with just five minutes a day.
- **Give one item away each day.** This would remove 365 items every single year from your home. If you increased this to 2 per day, you would have given away 730 items you no longer needed. Increase this number once it gets too easy.
- **Fill an entire trash bag.** Get a trash bag and fill it as fast as you can with things you can donate to charity.
- **Donate clothes you never wear.** To identify them, simply hang all your clothes with hangers in the reverse direction. After wearing an item, face the hanger in the correct direction. Discard the clothes you never touched after a few months.
- **Create a decluttering checklist.** It's a lot easier to declutter when you have a visual representation of where you need to get started. Make a list of categories like clothes, keepsakes, and kids' items, then tackle one at a time. This will help keep the task from feeling too overwhelming
- **Take the 12-12-12 challenge.** Locate 12 items to throw away, 12 to donate, and 12 to be returned to their proper home.
- **View your home as a first-time visitor.** It's easy to "forget" what your home looks like to a new visitor. Enter your home

as if you're visiting the home of a friend. Write down your first impression on how clean and organized the home is and make changes.

- **Take before and after photos of a small area.** Choose one part of your home, like your kitchen counter, and take a photo of a small area. Quickly clean off the items in the photo and take an after photo. Once you see how your home *could* look, it becomes easier to start decluttering more of your home.
- **Get help from a friend.** Have a friend or family member go through your home and suggest a handful of big items to throw away or give to someone else. If you defend the item and want to keep it, your friend has to agree with your reason. If they don't agree, it's time to get rid of it.
- **Use the Four-Box Method.** Get four boxes and label them: trash, give away, keep, or re-locate. Enter any room in your home and place each item into one of the following boxes. Don't skip a single item, no matter how insignificant you may think it is. This may take days, weeks, or months, but it will help you see how many items you really own and you'll know exactly what to do with each item.