

# Decluttering tips

*Decluttering is a hugely emotive and ongoing process however is also hugely satisfying and incredibly powerful.*

*Follow these steps to start small but win big*

## Start small and work your way up

Food cupboards, underwear drawers, pens and pencils, plastic storage tubs and lids, and old tea towels, sponges and washcloths are good places to start.



## Do a little every day and set a timer

You are much more likely to succeed if you have given yourself a set and manageable time limit. 5 to 10 minutes is perfect to start with.



## Don't overthink it

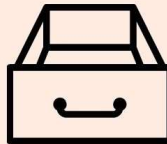
If your first impression is that you don't need it, or haven't used it/worn it/misled it recently, then get rid of it. If you need it again, you can probably borrow one from someone else and then give it back.



## Stay in a specific room/area.

Choose a particular area to declutter and stick to it.

Do one area at a time and try not to get distracted or sidetracked on to other areas of your home.



## Remove the clutter from your home as soon as possible

Putting things in piles to be donated, rehomed or thrown away is easy however all it does is move things around. When planning your declutter, make plans for actually removing it from your home.



## Research who might benefit from your old items

Check which charity shops are accepting donations in your area - will any of them come and collect? Have any of them requested a specific item that you have? Do any of your friends or local community need anything?



## Answer the questions below:

Ask yourself the following questions:

1. Do I need this?
2. Do I love this? (Don't get sidetracked with whether you love the person who gave you the item, do you love the *item*?)
3. Do I use this?
4. Does any of my family use this? (Note whether they *do*, not whether they *would*.)
5. Have I used this recently (Define recently and stick to your definition.)



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