

# DECLUTTERING

*"Remember make it simple - make it easy"*

- Make a list
- Ask for help from a friend/family/professional
- Set goals with reasonable timeframes
- Start with the small things
- Ask yourself: "Do I **love** it?" - "Do I **use** it?" - "Do I **need** it?"
- If it is functional and used regularly keep it
- Make separate areas - **Donate**
  - **Recycle**
  - **Rubbish**
- If unsure, put aside and sort later (*do not let it stall your progress*)
- Don't try to do it all in one go. Do it in small sections at a time.



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**SORTING OUT THE MUDDLE**  
**HOW TO DECLUTTER**

*Carrying you through the process*

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