



# HOW TO

# DECLUTTER

# IN HALF THE TIME

**It's a fact - clutter happens.** And when it gets to be unmanageable, clutter can be a significant source of stress for each member of the household. So it's critical to try to maintain control over clutter before it takes control of your home. But, it's even more important to know how to take back control if and when it becomes overwhelming. Decluttering around the house may sound just as stressful as the clutter itself, especially if you go in without a plan.

**So, we have put together the following five tips to help you declutter in half the time:**

## 1. ARE YOUR GOALS ACHIEVABLE?

When it comes to decluttering, doing too much will just make you feel overwhelmed, maybe even paralyzed. In order to effectively address the clutter around your home, start by setting realistic and attainable goals. Rather than attempting to declutter the entire house in a weekend, try making a plan to declutter one room a weekend. Maybe the best plan is to start by addressing easier stuff first before you tackle more difficult areas of your home.

Determine what will work best for you and set a plan from there. This will keep you from setting yourself up for failure and keep you on track so you'll finish decluttering in half the time.

## 3. REMEMBER WHY YOU'RE DECLUTTERING

When you look around at mountains of clutter and start thinking about how much you have to do, it's easy to want to give up before you even start. That's why we want you to remember why you're decluttering. Not only will having a clean home make everyone in the house feel less stressed, but it's also a great feeling when visitors comment on how beautiful your home is.

As you make a plan and declutter your home, think about how wonderful those comments will be, and how much more relaxed you'll be with more open space. This will help you power through more involved decluttering sessions, and help you push yourself to get it done more quickly.

***"Clutter can be a significant source of stress for each member of the household"***

## 2. DECLUTTER EACH DAY TO KEEP STRESS AWAY

It can also be a good plan to target specific areas each day. For example, one day you can declutter the cabinets in the kitchen, and the next day focus on the shelves in the living room. If a room has a lot of clutter, you don't need to tackle it all in one day or even over a weekend. Instead, break it up into pieces and set aside some time each day.

This method will help keep your stress levels down so you can stay on pace to declutter much more quickly than you would by trying to address it all at once. And if you keep it up, it will become a quick routine to help keep clutter out of your home.

## 4. ENLIST THE HELP OF OTHERS

There's a reason why we are inherently social creatures - we motivate and help each other achieve our goals. When you're decluttering, you don't have to take it all on by yourself. Enlist the help of others to get it done in half the time, or even more quickly. Make it an event for all members of the household to get involved, or get in touch with friends or family that would be willing to help. You'll be done decluttering your home before you know it!

## 5. HAVE FUN!

No matter what your plan is, make sure you have fun. Decluttering doesn't have to be a boring and laborious task. Having others help you is a great way to add a little bit of fun into the task with some socializing. You could also turn on your favorite music in the background and dance or sing your way to a clutter-free home. At the end of the day, your goal should be to declutter without being overwhelmed or stressed, so find a method that keeps you going and just have fun with it!