



Decluttering Benefits and Stress-Free Tactics

Benefits of Decluttering & Organizing	Description
Enhanced Productivity & Focus	A clutter-free environment promotes better focus and concentration, saving time in daily tasks.
Reduced Stress & Anxiety	Decluttering creates a calm atmosphere, reducing stress levels and contributing to mental well-being.
Improved Creativity	Tidy spaces foster creativity by eliminating distractions. Organized surroundings allow for free and creative thinking.
Health Benefits	A clutter-free home reduces accidents, injuries, and supports good hygiene, minimizing the risk of health issues.
Unlocking Positive Energy	Decluttering unlocks positive energy by clearing unnecessary items and welcoming a renewed sense of vitality. ie: Feng Shui
Financial Zen	Decluttering can have financial benefits by selling or repurposing items, turning clutter into cash, or realizing what you already own. ie: Feng Shui
Digital Detox	Extend decluttering to digital spaces by organizing files, cleaning up inboxes, and simplifying online presence for a clearer mind.
Closet Cleanse	Well-organized closets save time and help rediscover fashion treasures. Donate or repurpose items to refresh your style. On average we only wear 20% of our clothes 80% of the time.
Tactics for Stress-Free Decluttering	Description
Mindful Assessment	Begin the decluttering journey with a mindful assessment of your living space, considering the energy each item brings. Ask yourself, "Do I love it?" If not, it's time to let it go. Beware of being sentimental. Take pictures of these items as a reminder. How much dust is on it? How long has it been in that box? Just let it go.
Categorize with Purpose	Apply categorization principles, grouping items based on purpose and significance to simplify decision-making and prevent overwhelm.
Sort, Sift & Separate	Create three areas: 1) Things to Keep, 2) Things to Donate, and 3) Things to Throw Away or Recycle
The 90/90 Rule	Introduce the 90/90 Rule: If an item hasn't served a purpose in the last 90 days and won't in the next 90, it's time to bid farewell.
Take Baby Steps/Bite-Sized Chunks	Schedule 10 to 30 time slots or pick a small specific area to focus on
The "Only Touch it Once" Rule	If you touch it, decide where it goes (ie: garbage, filing cabinet, donation, etc). Adopt the "Only Touch it Once" Rule for practical efficiency in the decluttering process, saving time and encouraging decisive actions.
Vision Board Bliss	Craft a vision board reflecting your ideal living space as motivation during the decluttering process, visualizing the serene and organized home you're working towards.
Enlist a trusted & impartial friend to help	Sometimes you just need emotional support & a firm hand to keep you on point (and play hard ball when you want to keep paperwork that's over 7 years old, or the calendar from 2000 that you wanted to frame the pictures of).