

# DECLUTTERING TIPS



You are more than welcome to wait for us, but we often find, that once our clients have booked a session, they can't wait to get started.

## **Returns and Wanderers:**

Return any items that don't belong in your target area. These maybe items that have wandered from other rooms or may belong somewhere else entirely. Return anything you have borrowed.

## **Store No More:**

If you have been generously storing items for others, it is time to send these items back to their owner. "If someone doesn't live in your house, neither should their stuff" - Monika Kristofferson.

## **Brand New In Box:**

If you have items that have never been out of the box or still have labels on, consider this an excellent opportunity to make money for charity. Op shops love these items. The fact that it is still in its box suggests you don't need it after all, and that is fine, now you know, so you can let it go.

## **Knowledge is Power:**

Knowing that your items will be well cared for and distributed to those who need them or can make use of them makes it easier to let go. Rest assured that we know a huge range of suitable places for your previous belongings.

## **Gratitude:**

Some people find it helpful to thank their items as they let them go, a practice brought to prominence by Marie Kondo. You simply hold the item, thank it for its service or the lesson it has taught you, and let it go.

## **Powerful Questions:**

Do you prefer the item or the space?

If you were moving house would you pack this and take it to your new home?

If you didn't own this item, would you buy it?

Decluttering can be a thrilling, calming or motivating experience, but it can also be an emotional and tiring one. Don't judge yourself if you struggle to do it alone or feel unsettled during or after. If you experience negative feelings while attempting to declutter, just sit back and wait for us to arrive. We understand the patterns behind these feelings and can help you work through them.

## **It's time to turn over a new leaf**

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