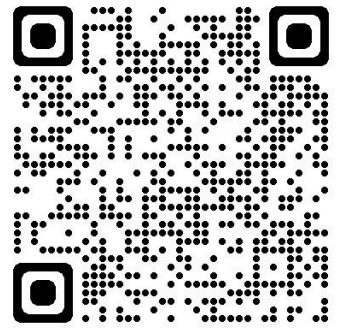


Linked in Well-Being Decluttering Guide



www.thetailedlife.com/links

Before decluttering: Start with the why. (mindset matters)

- Why am I getting organized? (Physical, Mental, Emotional, Spiritual, Financial)
- What's my vision for my home (Five senses - look like, feel like, etc.)?
- What are my most significant challenges in organizing my space(s)?
- How much time and money do I have to spend on living organized?
- Is there anyone else who should be involved in this process (i.e., roommate, significant other)
- Support with accountability: tell someone you trust (i.e., Heart Sister)

Getting ready: Grab supplies.

- Large garbage bags or boxes.
- Paper, colorful stickers, and markers for labeling.
- Develop a plan for where to donate, discard, and sell (transportation needs).

While decluttering: Tips for success.

- One space at a time.
- Take everything out and don't forget to clean shelves etc.
- Make a decision about every item.
 - Proposed categories: Keep, relocate, fix, recycle/trash, donate, sell; label appropriately.
- Questions to help with decluttering:

| | |
|--|--|
| <ul style="list-style-type: none"> ○ Do I need, use, and love this item? ○ Is this adding value to my daily life? ○ Does this item align with my current values, priorities, or goals? ○ Does this item fit my current lifestyle? ○ How does this item make me feel? ○ Does it fit or work? (If not, will I get it tailored or repaired?) ○ Would I miss this item? ○ Am I keeping this because it was a gift? | <ul style="list-style-type: none"> ○ Is this item worth the space it's taking up? ○ Would someone else benefit more from this item? ○ Would I repurchase this item again at full price? ○ Would I move this to a new home? ○ Do I have something else that serves the same purpose? |
|--|--|

After decluttering: Donate, recycle, discard, and sell ASAP.

- Donate: Convergence and Grateful Girls, Group homes, homeless shelters, and youth-serving agencies (professional attire), [Salvation Army](#), [Habitat for Humanity ReStore](#) (furniture pick-up), and [Goodwill](#) (no furniture or baby), [Buy Nothing Project](#), Buy Nothing Groups (Facebook or [Nextdoor](#)).
- Recycle at H&M and textile recycling.
- Discard at the local dump; search online first for details and note any exclusions.
- Sale on sites like [Poshmark](#), [Thred Up](#), and [Facebook Marketplace](#).
- Consider returning items still within the return window.

Set and uphold boundaries: To help you maintain.

- Make maintenance realistic for your lifestyle/pick a reset day.
- Have a donation and return bin.
- Limit shopping: slow buying, removing credit card info from websites, [#NoNewThingsChallenge](#).