

The 8 Steps to Declutter Rooms

Although decluttering can be an enormous undertaking, especially when you want to take on your entire home, the actual process takes only a few steps.

1. **Put it on the schedule.** Schedule time to declutter that room. It doesn't have to be an entire Saturday, you can also dedicate a few hours every evening throughout the week.
2. **Set yourself a specific goal** with a timeframe and accountability. This will motivate you to get the job done.
3. **Get into the right mindset.** Being enthusiastic about decluttering that room makes it a lot more doable and fun than going in being unmotivated. Put on some music, step into your sweatpants and let's start!
4. **Bring with you 4 boxes** (The 4 Box Method), "keep", "donate", "toss", and "undecided". Now just start on one side of the room and take on the first thing you see. Decide what you want to do with it. Then take the next item and so forth. Use the "undecided" box only for emergencies, when you really don't know what to do with it.
5. **Carry full boxes out of the room**, except for the "keep" and "undecided" box. Put the "donate" box in the back of your car and empty the "toss" box in the container outside.
6. **Clean the decluttered space.** When your shelves, closets, and drawers are empty, give them a good clean. It's probably been a while.
7. Now you can **put the things you want to keep back in its place.** Don't just put them back where you found them, but put them there where they belong.
8. **Go through your "undecided" box another time.** You know now what is in it and giving it a bit of time thinking about what you want to do with it, can make the decision easier. When you find items that don't belong to you, but to a family member, ask them what they want to do with the items.

Another great tip: If you want to stay motivated and make real progress you can set yourself a timer. See how much you can do in 25 or 50 minutes before taking a 5- or 10-minute break. There you have it. In just 8 easy steps you decluttered an entire space in your home.

If you want more info on **decluttering**, check out this blog post:

<https://tailoringthegoodlife.com/declutter-rooms/>

Greetings,

Nicole



The List of Rooms to Declutter

WHICH ROOM	SCHEDULED FOR	GOAL FOR THE ROOM	FINISHED BY	ASSIGN TO?
LIVING ROOM				
KITCHEN				
DINING ROOM				
BATHROOM				
MASTER BEDROOM				
KIDS' BEDROOMS				
HOME OFFICE				



The List of Rooms to Declutter

WHICH ROOM	SCHEDULED FOR	GOAL FOR THE ROOM	FINISHED BY	ASSIGN TO?
GUEST ROOM				
RECREATION ROOM				
GAMING ROOM				
HALLWAY				
MUDROOM				
UTILITY ROOM				
BASEMENT				



The List of Rooms to Declutter

WHICH ROOM	SCHEDULED FOR	GOAL FOR THE ROOM	FINISHED BY	ASSIGN TO?
GARAGE				
GARDEN SHED				
STORAGE ROOM				
PANTRY				
ATTIC				