

DECLUTTERING GUIDE

TO RE-DISCOVER YOUR HOME'S (AND YOUR) INNER PEACE

BY PAM JENKINSON OF 3RO LTD 

2 IS IT GOOD TO BE AT HOME?

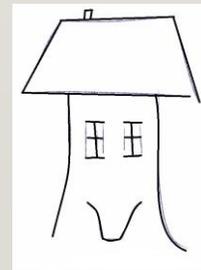
IN THE UK WE LIVE IN AN ACQUISITIVE SOCIETY = WE BUY LOTS OF “STUFF”!

- Our homes fill up with our purchases – latest fashions and bargains - but can you find what you need, when you need it? Overfilled homes are often disorganised.



WE SHOULD LET GO OF EXISTING “STUFF” BEFORE WE BUY MORE.

- Living with only the items you use and cherish, will give you space to breathe, move, create, think, entertain, socialise – ENJOY! - your home.



3 DECLUTTERING DEFINED

- Firstly, decluttering does not include extermination, or deep cleaning. If a house is unclean and/or infested, those issues need to be addressed as a priority.
- Decluttering is appropriate in situations where content is generally clean but the sheer disorganised volume of “stuff”, i.e. clothing, books, DVDs, magazines, bills, receipts, paperwork, ornaments, etc., etc., etc., is impacting on your life.
- We tidy rooms, but we declutter by subject, e.g. clothing or books, etc. See slide 6.
- Decluttering involves you making some tough decisions about what is important to you. Essentially, decluttering is a clarification of your personal values.

4 BEFORE YOU START

- Be clear about why you want to declutter. What's your motivation?
- Imagine how you want your living space to look after you have finished.
- Decide on a relocation strategy. How/where will you store tidily what you decide to keep, so you can find it when you need to? What will happen to the items you decide to part with?
- There will be tough decisions to be made. Do you want someone there to help you stay focused, and be strong with items you should let go?
- Bear in mind the 4 Key Questions as you declutter – see next page. Write these down on an index card or note pad, and keep them beside you as you work.
- Have bags ready and cleaning materials to hand. You want to return your treasures to clean, fresh drawers or cupboards.

5 KEY QUESTIONS

As you look at each item ask yourself these questions:

1. Have I used this within the last year?
2. Will I use this within the next year?
3. Has this any sentimental/personal value?

If the answer to all these questions is “no”, LET IT GO!

If the answer to any of these questions is “yes”, consider why you want to keep it, and then ask yourself:

4. Is it worthy of space in my home?

If in doubt, don't chuck it out. Keep it until at least your next decluttering session. (It's habit forming. You'll do it again, because you'll love the feeling of freedom when it's done.)

6 GETTING STARTED

- Choose your first decluttering subject, e.g. clothing or books or DVDs or... etc.
- Gather ALL those items – and only those items - in one space, e.g. all clothing. This allows you to see the full extent of the issue and work through it.
- Refer to the Key Questions on the previous page as you work through the pile.
- Decide what to sell (on-line or other avenues), what to pass onto charities, and what needs to go to the dump or re-cycling centre. Bear in mind that items that you want to sell or donate should be washed, folded and in good condition.
- Store the items you have decided to keep in freshly cleaned and dried cupboards/drawers.
- Bag the rest for their various destinations, and **DISPOSE OF THEM WITHOUT DELAY.**

7 KEEP GOING

- Once you have decluttered one subject, e.g. clothing, keep going. Move on to your next, maybe books?, etc.
- As you work your way through your home, you will uncover more and more space.
- Whenever you need an item it will be easily accessible.
- You will find it easier to keep your home clean and tidy.
- Home-life will become generally easier, more pleasant, less hassle.

8 SELLING ONLINE

- Selling on-line requires preparation.
- Register with your chosen platform, e.g. ebay, Gumtree, etc.
- Give accurate details of your item(s). Be honest. Mention any flaws. Imagine if you were the prospective purchaser. You can attract good feedback and return customers by pricing reasonably and being fair in all your transactions.
- Include good photographs of the item(s).
- Be available to answer questions as this may help someone to decide to purchase.

9 SELLING ONLINE (CONTINUED)

- Be aware of any charges that you may have to pay for using your chosen online platform to sell your items.
- Some charges are upfront, others only apply when you make a sale.
- If you are unfamiliar with selling online, perhaps a friend or family member can take you through it. If not, 3RO can take you through the process as part of our Positive Space Coaching program. Contact Pam at www.3ro.co.uk to discuss how we can help.

10 DISOWN OR OWN THE PROCESS

- For large decluttering jobs you can hire a professional declutterer.
- Most will want to work with you, and for you to decide what to keep or let go.
- If you want someone to make ALL those decisions, you RISK losing items of value – both monetary and sentimental value. Once it's gone, it's gone. Items, such as personal letters, photographs, ticket stubs to special events, clothing with special memories attached, are irreplaceable for you, but no one else will see that value.
- If you learn the art of decluttering through our Positive Space Coaching sessions, you will: learn a new skill; have total control over what you let go; know where to find all your remaining possessions whenever you need them.

11 YOUR DECLUTTERING PROJECT

- We would love to help you with your decluttering project.
- Step 1 Contact me to arrange a meeting – free, no obligation.
- Step 2 Talk to me about your project and how you envisage it will work.
- Step 3 Agree a step by step strategy.
- Step 4 Implement your strategy.
- Step 5 Feel released! And maybe make some cash back from sales of your unwanted items.
- Step 6 Enjoy the rediscovered space in your home – FOREVER!

12 CONTACT PAM AT 3RO LTD

- It's easy. Ask about our Positive Space Coaching sessions.
- Either use the Contact Us page on the 3RO Ltd web-site at www.3ro.co.uk
- Or email me directly at info@3ro.co.uk.
- Or phone/text me on 07599 765 915
- Our initial discussion is free of charge, whilst we assess the size of your project and how best we can help you.
- There is absolutely no obligation to proceed further unless you are 100% happy to do so. Thereafter my hourly fee is £97, but I offer a discount for bookings for 6 hours or more.