

DECLUTTER FOR A HAPPIER, SIMPLER LIFE

by Mary Sigmann, CPO®

There comes a time for most people when they decide they need or want less "stuff." Often individuals decide to downsize or eliminate some of their accumulated possessions because they want to realize the benefits of a simpler life. Some do it because they get tired of all the attention and maintenance that possessions demand.

Whatever the motivation, decluttering is a process that can be accomplished easily and effectively and will also bring greater peace, freedom and control into one's life.

START WITH SUBTRACTION

A great way to begin the decluttering process is to start "subtracting." Look all around the house for anything that could easily be thrown out or immediately given away. The idea is to create some space and get the "energy" moving. Once you start to "subtract" you will experience greater well-being, and a more optimistic outlook.

CHOOSE A STARTING PLACE AND STICK TO IT

Pick a place to start and stick to it until that area is decluttered. Many people get overwhelmed because they get easily distracted and never complete the organizing task they started. Once you complete an area you will be rewarded with a sense of accomplishment that will provide the motivation to keep going.

FREE YOURSELF BY LETTING GO

Whenever we declutter, it is normal to experience emotional attachments to our possessions. These attachments are not easy to break. However, if you take a realistic look at the condition of these things, you may realize that they are outdated, worn out or no longer useful. Although letting go of these things may be difficult, making the commitment to keep only what is truly meaningful, necessary and irreplaceable, can make it easier. Through the decluttering experience we can learn how holding on to too many possessions can limit our freedom and our space.

KEEP A POSITIVE ATTITUDE

The most important thing to remember is that your attitude can make all the difference in the ease and success of your project. If you approach organization or decluttering with the end in mind -- a simpler, happier, more carefree life -- you will enjoy the process so much more.

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