

Tips to De-clutter Your Home



Have you been feeling tired lately? It might be because there is too much clutter in your home. As an interior designers and Feng Shui consultant, I endorse the motto "less is more." Clutter not only takes up space but takes up time and energy.

We create clutter because we are receiving information minute by minute. We are living at such a fast pace we don't have a lot of extra time so we create piles of stuff to 'deal with later' and then forget about it. Sometimes things get so bad that we don't want to invite people to our homes because everything is so chaotic.

Another source of clutter is the things we keep boxing up and taking with us every time we move. Many people call me for a consultation to help them decide what to keep and what to discard. This gives home owners the chance to create the overall "big picture" in their new home.

Here are a few tips to help you de-clutter your home.

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- Take a few minutes to inventory each room of your home. Are there disorganized piles lying around.
- Pile things in your hall. After you fall over them a few times you will be ready to let them go. If the items are in good condition, donate them to a charity.
- Throw away things that are cracked and broken. If you haven't fixed them by now most likely they will never get fixed.
- Start with a small area in your home like a kitchen drawer. You can see the results quickly and go on to bigger projects.
- De-clutter one room at a time. Results will be seen more quickly.
- Do you have stacks of unread magazines and newspapers waiting until you have time to read them? Be honest with yourself. Either take the time to read them or give them away – perhaps to your local library or hospital.

- Get three boxes and mark them "Trash," "Gifts," and "Returns." Trash is obvious. Gifts can be given to someone that will love them. Returns means giving back something that you have been storing for someone else. These items are taking up your space and energy.
- If this appears to be too much of a sentimental effort, invite a good friend to help you. Choose someone who understands how important the concept of space is and can be honest with you in your decision making.
- Imagine that you are moving soon (maybe you are) and whether you really want to take all these things to the next property.
- Every time you buy something new, discard something you no longer care for. If you have a lot of clutter, you might consider discarding two items for every one item you purchase.
- Listen to music while you de-clutter. It's more fun and adds more energy into the space.
- Invite friends over on a regular basis. This will keep your living areas cleared for their arrival.

Finally, take your time. This project does not have to be done overnight.

Everything needs a home. When you finally deal with this clutter you will actually feel your own energy lighten. Enjoy the process. Remember, "Balanced interiors don't cost more, they just feel better."