

‘Doing a declutter’ :

- Enrol a friend or 2: sorting and clearing is much easier with 2 or more and can be fun. It may also put in place a discipline that is lacking when tackling a task on your own. Do not get distracted!
- Be clear about the task and set a period of time. Try to ensure that the task is achievable in the timescale and stick at the task until it is done so that you have the satisfaction of completing the task and seeing the end results. You can do this by concentrating on one area at a time, for instance a set of drawers, a shelf, or an area of floor.
- Before you start make sure you have 3 boxes or containers labelled; rubbish, recycle, retain. At the end of the task make sure you throw away the rubbish, put away the retained items, and put the items for recycling in an appropriate place to carry this out. Have a further container into which you can put items that ‘live’ elsewhere in the home. Your last task will be to put these items back where they belong.
- Clean as you go: have appropriate cleaning items to hand.
- Rewards: make sure you plan coffee/tea breaks and lay on special biscuits or a cake ready to reward yourselves – stick to a set break time ie 30 minutes. If the declutter involves more people ie the whole family or several friends, perhaps you could prearrange a take away or fish and chip supper to follow.
- Lastly, remember – once cleared, keep clear. Clutter attracts clutter.