

# STEP 3: *Declutter*

You've categorized all the items and can now clearly see everything that you have. Now it's time to declutter! This is arguably the most important step, yet the one that can be the most difficult. Decluttering is removing any items you don't need (which is clutter) from a space to make it more functional. While the process can be emotional for some, I've found that most people feel better physically and mentally once they've done it!

## **WHY?**

Simply put, if we're honest with ourselves, we just don't need everything we own. And why take up space in your home with things that aren't serving you?

1. Decluttering ensures that you're keeping only that which you love, need, and will use in your home.
2. Simplifying what you own creates a more peaceful living environment and mental state for you. One in which reduces stress and anxiety, saves you time and money, promotes discipline, positive decision-making, healthier living habits, and so much more!

The list of benefits and reasons why it's so important to declutter during your organizing process and on a regular basis is extensive! So trust me on this one; you won't want to skip this major step!

## **TIP:**

Decluttering can be a lengthy process depending on how much clutter you have, so hang in there and trust the process! For each item you pick up, ask yourself these specific questions to keep the process moving forward and to minimize making emotional decisions:

1. Do you love it?
2. Do you use it?
3. Do you need it?
4. Do you have space for it?

From there you can decide what to keep, donate, or toss. Make sure to keep trash and donate bins nearby. Something about separating those things from what you're going to keep and placing them in a separate bin makes it feel more final and may prevent you from having second thoughts. Also, if you're prone to decision fatigue or think decluttering could be an emotional process for you, I recommend having a trusted friend or family member present to encourage you and keep the process moving forward. That voice of reason will come in handy if you get stuck or overwhelmed.

## **ACTION:**

Before you start, first think about how you might benefit from decluttering. Having those benefits in mind will keep you motivated throughout the process. Then, go find your decluttering buddy if you'll need one.