

Embracing Order in The New
Year

The Simple Guide to a Clutter-Free Home





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When the new year comes, we often talk about our “resolutions” and are hopeful for things that we are finally going to change positively this year. This time, why not set your new year’s resolution to have a clutter-free home?

Nothing beats having a fresh start at home by allowing more space and organization into your life and lessening disorder and chaos. So if you are ready to embrace order, here’s a guide to a clutter-free home for the new year!

Why You Should Declutter

Having a clutter-free home has many benefits that range from having more spacious rooms to helping us achieve a healthier mind.

1

To clear your space

Decluttering will help you clear space at home and give you more space for important things - things you need, love, and that add value to your life.

2

For a more organized home

A home that's free from clutter leads to a more organized home. You'll be able to find things quicker, clean and maintain the home easier, and be able to organize things more efficiently.

3

To increase productivity

A clutter-free home increases productivity and efficiency. Having a more organized and spacious home will give you time and energy to do more things!

4

To have a happier and healthier life for all

Fewer things mean fewer distractions and less stress. You'll have more peace, more order in your life, more gratitude for things in your life, and everyone at home will surely have a happier and healthier life.

4 Tips to Help You START DECLUTTERING

1

LEARN TO LET GO

It can be hard to let go of your belongings. There are emotional attachments and sentimental values associated with them. But keeping too much stuff leads to clutter. More than organizing your belongings, the first step to a clutter-free home is by lessening your belongings. If you have fewer things at home, it would be easier to minimize the clutter. You can start by doing the “Konmari method”. It is a tidying method through choosing to keep items that spark joy for you. If you learn to let go of the things that don’t spark joy, decluttering will be easier for you.



2

START SMALL

When you start decluttering your home, it can feel overwhelming; and sometimes, you even think that it is impossible to organize all the clutter. Decluttering your home doesn’t need to be a “one-time, big-time” task. You don’t have to have everything organized all at once. You can start small by going through junk drawers or decluttering the clothes that you no longer wear.



3



HAVE A MONTHLY DECLUTTERING ROUTINE

After decluttering your home, it will definitely feel fulfilling to see your home tidy and organized. However, over time, clutter will always come back. This is why decluttering should be a regular routine. Set a schedule every month to declutter your home. By doing this regularly, it would be easier for you for the next decluttering sessions as you will be able to avoid accumulating clutter too much.

CHANGE YOUR BUYING HABITS

The accumulation of clutter starts when you purchase items frequently. Changing your buying habits can help you start decluttering. Buying things for your home is normal but make sure to manage it wisely. Try living more intentionally. This can help slow down the accumulation of items in your home as it will allow you to thoroughly assess whether or not you need the item you intend to buy.

4



8 Questions to Ask Yourself When Decluttering

Do I really
need this item?

Do I have any similar
or duplicate items?

Does this item
make me happy?

Do I want this item
to remain in my life
moving forward?

Do I have enough
storage space for
this item?

When was the
last time I used
this item?

Did I even remember
owning this item?

Would I buy
this item again?

5 Steps To Do To Start Decluttering

Set a schedule

Add decluttering to your regular tasks. Treat it as a household chore alongside cleaning. You can even start with a few minutes every day and eventually increase the time. What's important is to condition yourself to declutter regularly.

Create a decluttering checklist

Decluttering can be overwhelming and creating a checklist will help you focus and stay on track of your decluttering progress. It will also help you become more efficient as it serves as a guide on what you need to declutter.

View your home as a visitor

If you don't know what to write in your decluttering checklist, view your home as a visitor. How organized and clean is the home? Write down your impressions and identify what you can do to improve the space.

Separate things that you will donate, sell, and throw away

Use separate boxes for the items that you will donate, sell, and throw away. Label them properly, visit different areas in your home, and put the items in their designated box.

Organize your storage spaces

Another key to having a clutter-free home is by having organized storage spaces. Of course, you wouldn't throw away all your items at home. So it is important to be strategic about your storage system. Make sure to maximize the storage spaces.

Get a fresh start this new year - not just for your home, but also for yourself.

Having a clutter-free home will provide you with a clearer mind and order in your life.

You spend so much time in your home; hence, your home environment can highly affect your mood.

By following this guide, you will be able to start your journey to a year of a clutter-free home.

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