



Method Seattle

Make Space For The Things That Matter



Decluttering: Quick Start Guide

Even if you know all of the benefits of decluttering the thought of it can be completely overwhelming. I created this Quick Start Guide to help because I understand how hard it is to know where to start.

This guide is not a comprehensive manual but instead offers a path to get started on your decluttering journey, minus the intimidation factor.

My hope is it helps you build up your decluttering muscle and levels up your organizing game!

let's
get
going



1.

start small



Starting small is a key to success. A small project can be done in as little as 30 minutes.

Beginning with a small area will help you understand the process so you can repeat it with confidence later when you get to something bigger. It also provides an easy and early win so you can feel the benefits immediately!

Ideas For Starting Small

- Entryway Closet
- Nightstand
- Medicine Cabinet
- Junk Drawer



2. break it down

to 4 simple steps



1.gather

Take everything out of the drawer, cabinet or closet. Make everything you are working with visible



2.categorize

Separate everything into like categories. It's important that you see everything that is similar all together



3.edit

One category at a time, go through and separate off the things that are no longer serving you.



4.purge

Dispose of the edited items through donation, re-sell, recycle or trash. Reminder to have a couple bags or boxes handy for this step!

3. deep breath

When you inevitably come across something sentimental the decisions may become harder. Use the following filters to make decisions:

- **Do I love it?**
- **Do I use it?**
- **Would I replace it?**

Keeping things out of obligation bogs you down. Of course it's okay to keep some things that remind you of loved ones, but you don't need to keep ALL the things.



4.

follow through

This is the most important step! I'm not exaggerating when I tell you how good it feels when the things you've decluttered leave your home for good.

Trash goes in the bin.
Donations go to the Goodwill Drive-Thru.

And if you plan to re-sell anything list it immediately! The experience of letting go is powerful and will fuel your engine for the next decluttering project!





happy decluttering!

You are good to go! I hope you found these tips valuable. For more insights on decluttering, organizing and productivity, make sure to follow me on Instagram @method_seattle where I regularly share my favorite tips and tricks to make your life easier, calmer and more productive.

Best of luck and have fun making space for the things that matter!!

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