



YOU HAVE PERMISSION TO LET THESE ITEMS GO!



TAKE CONTROL OF YOUR SPACE BY LETTING GO OF THIS CLUTTER

"That was expensive!" Yes, it might have cost a pretty penny, but the money has already been spent. Remember this uncomfortable feeling the next time you are shopping in order to curb buying something else you may regret.

"It was a gift." Gifts do not come with rules. The only thing you are obligated to do is show gratitude. That item can be donated the next day. Drowning in constant, in-coming gifts from a loved one? Have a heart-to-heart conversation with them explaining the correlation between your stress level and clutter.

"I MIGHT need that." 20/20 rule: If it can be replaced in 20 min. for under \$20, let it go. Can you borrow or rent instead? Have you used these items in the past year. . . during a pandemic . . . when you finally had that extra time? If the answer is no, then it is time to let it go.

Remember your "why" You want to be able to find anything you own at any time. You don't want to buy something again because you can't find it. You don't want to keep an item that makes you feel frustration, guilt or brings up bad memories.

Take Action Start with a non-emotional space: your bathroom, laundry room, sock drawer. Take everything out. Group like-things together. Clean the empty space. Declutter. (Check out my "Questions to Ask Yourself When Decluttering" PDF) Add organizers/bins if needed. Put back items. Label anything and everything. Check out my Instagram @eversoorganized for inspiration.

Give to Others Second Harvest Food Bank accepts expired, sealed food. Post free items on Next Door/ Facebook Marketplace. Ask a local school if any family has needs. Goodwill accepts stained clothing. Feel good about giving back while also taking control of your space.