

Decluttering

Practical skills

A method for deciding what to keep, without deciding everything at once.

Category-based rather than location-based.

1

Pick one category

All the books, all the mugs. Not 'the spare room'.

2

Gather it all in one place

The volume is the information.

3

Sort into four

Keep, donate, sell, discard. No 'maybe' pile.

4

Act the same day

Bags out of the house. A donation pile in the hall is still clutter.

5

Give the keepers a home

If there is no place for it, it will end up out again.

USEFUL QUESTIONS

Have I used it in a year?

Would I buy it again today?

Am I keeping it out of guilt?

Could I replace it easily if I needed it?

The one-in-one-out rule keeps the result. Decluttering without changing what comes in is a repeating job.