

EASY STEPS TO
Declutter a Room



MAKE *mine* HOME
WITH SARAH BEZANSON INTERIORS

EASY STEPS TO DECLUTTER A ROOM

WALK INTO THE ROOM – AND JUST BREATHE A MOMENT...(PHEW)

Think about what purpose you want the room to serve. How do you want to use the room?

BRING 3 LARGE BOXES, AND A TRASH BAG INTO THE ROOM.

Label the boxes as “Donate”, “Sell”, and “Move”. (If you’re really into labeling, go ahead and label the trash bag as “trash”.)

Quickly walk through the room holding the “Move” box, and look for items that do not actually belong in the room, and need to be moved to a different room. Put those items into the box.

DECIDE IF YOU WILL DONATE ITEMS OR HOLD ONTO THEM TO SELL

- **IF** you are planning to hold a yard sale, make sure to set a date for the yard sale so that you don't just hold onto items forever!
- **IF** you want to sell on Craigslist or Facebook group pages, think about the minimum value you would want to sell items. (Is it really worth it to spend time trying to coordinate a sale with someone for a \$5 item?)

VERY IMPORTANT – SET A TIMER FOR 20 MINUTES AND PLAY THE MUSIC!

Now, start in one area of the room, or maybe a shelf. Look at each item, and ask: “Do I love this item? Does it serve a purpose?” If the answer is “no”, then decide if it should be donated, sold, or simply needs to be trashed. Then, go ahead and put the item in the appropriate box or bag.

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IF YOU WANT TO KEEP THE ITEM, THEN LEAVE IT WHERE IT IS FOR NOW.

Once the room is decluttered, you can look at the items you decided to keep, and then start to organize them (*NEVER – I repeat – NEVER attempt to organize without first decluttering.*)

KEEP WORKING YOUR WAY THROUGH THE ROOM UNTIL THE TIMER GOES OFF.

Decide if you have energy to continue, or if you need a break. If you need a break, pat yourself on the back! You took the hardest step by starting to declutter!

If you can keep going, set the timer for another 20 minutes, then decide if you can continue decluttering, or need a break.

Do NOT – I repeat – Do NOT try to complete the job all at once, or allow yourself to get exhausted or overwhelmed. Do what you can, when you can, but once you commit to decluttering, make it a priority to do a little decluttering each day.

Take the “Move” box out of the room, and quickly walk through your house returning items to the appropriate place.

Make a plan of when you will take the “Donate” box to a donation center.

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