

Declutter Mistakes to Avoid *What To Do Instead*

1. Don't start decluttering too many areas at once. Instead, focus on one area to make it less overwhelming.
2. Don't keep the pile of stuff to be decluttered for too long. The sooner you drop off the decluttering items, the sooner you will see the extra space in your home. Once I have a large enough pile, I like to put it in my car so I can swing by the donation center the next time I go out for something.
3. Don't organize before or during the decluttering process. This can waste money and slow you down. I like to wait until I am done decluttering an area so I know exactly what type of containers I might need and where to put everything. Saving both time and money.
4. Don't start by decluttering sentimental items. If you are new to decluttering, try to pick easy things to declutter that don't have sentimental attachments. Think shoes, cups, sheets.
5. Sunk Cost Fallacy- This is where we hang onto things we don't like or use because we once spent a lot of money on the item. Try to rationalize why you shouldn't keep it. For instance, you have a rug you no longer like, but you spent a lot of money on it. But keeping it isn't going to make the money come back. By getting rid of it, you won't be annoyed every time you look at it, and you can finally get the rug you want at this point in your life.
6. Don't declutter other people's stuff. This can be hard because our stuff is never the problem, right? But try to start with your own stuff before jumping to get rid of your family's stuff.
7. Not maintaining a clutter-free home. A big mistake is allowing the clutter to creep back into your home. I like to use the one in one out policy. If I buy something, I try to declutter a similar item. This way, I will not add more stuff to my home.
8. Procrastination! It's hard to stay motivated with decluttering. But think about it this way: decluttering even one item is better than nothing. If you declutter one item a day, that's 365 items by the end of the year. Every little bit helps.
9. Not setting limits on your stuff. The goal is not to refill our homes with stuff. One way is to set a limit with a bin or a certain number. I have 2 bins of Christmas decorations and I can't go over that. If it can't fit in the bin then something must go!
10. You don't have to rush the decluttering process, and there really aren't any rules. You can take all the time you want when decluttering. We also don't have to follow any decluttering rules. There are all kinds of ways to declutter but guess what you can do everything on this list and still make progress. Do what feels right for you.

Declutter Planner

Goal 1

(Start Date):

(End Date):

Action Steps

- _____
- _____
- _____

Notes

Goal 2

(Start Date):

(End Date):

Action Steps

- _____
- _____
- _____

Notes

Goal 3

(Start Date):

(End Date):

Action Steps

- _____
- _____
- _____

Notes

TO START

OK

DELAY

STUCK

CANCEL

Weekly Planner

(Week):

(Year):

MON

(Top Priorities of the week)

- _____
- _____
- _____
- _____

TUE

WED

(Mood of the Week)

THU

(Important Notes)

FRI

SAT

SUN