

# Decluttering Home and Mind

## GOALS OF PRESENTATION

- Help you recognize the mental and emotional value of decluttering your home.
- Give you concrete strategies to implement in your own home.
- Help you understand why this may be difficult.
- Help you feel inspired to take steps to do this on your own.

## 5 STEPS TO CREATE A DECLUTTERED HOME

### 1. Create a Master List

- List every room/area you would like to declutter/organize.
- Prioritize the list.
- The list can help reduce anxiety.

### 2. Schedule the Time

- Schedule it like any other appointment.
- Give yourself up to a year.

### 3. Purge

- This is the HARDEST part.
  - Play “trash or treasure.”
    - Take pictures.
    - Use trash bags/store for a while.
- Be careful about making more work for yourself.
- Try to be intentional about what you bring into your home. Be picky!
- Plan for the time to get items out of your space.
- Think of it as a gift for the people in your life.

### 4. Find a home for your stuff.

- Get things in their place and contain them.
- One place for every item.
- Evolving process based on function.
- Goal is for you and everyone else in your life to find what they are looking for.
- Instant gratification.

### 5. Label it!

- Does not need to be perfect.
- Having things labeled will help you and others know where things belong in your home.

## NEXT STEPS

- Book an appointment with a coach at PALM to start setting goals and managing accountability.
- Schedule a TCI appointment.
- Start your Master List and schedule the time to begin!
- Visit Tracy in the Membership department and share your accomplishments and struggles.

## ADDITIONAL RESOURCES

### List Apps

- Do!
- List Maker
- To Do
- Remember the Milk
- Google Keep
- Todoist
- Evernote
- Microsoft OneNote

### Entertaining Apps

- Audible
- Spotify
- The Podcast App
- iHeart
- Pandora
- Overcast
- Stitcher
- Spreaker
- Podbean
- Pocket Casts

### Donations

- Salvation Army ([satruck.org](http://satruck.org))
- Goodwill ([mersgoodwill.org](http://mersgoodwill.org))
- St. Louis City Recycles ([stlcityrecycles.com](http://stlcityrecycles.com))
- Electronic Recycling ([mrcrecycling.net](http://mrcrecycling.net))

### Organizing Services

- Nicole Loiterstein – Neat Method, [neatmethod.com](http://neatmethod.com), 314-265-2023
- Christy DeJohn – Transitions TLC, [transitionstlc.com](http://transitionstlc.com), 636-448-8728
- National Organization of Productivity and Organizing, [napostl.com](http://napostl.com)
- Container Store, [containerstore.com/containedhome](http://containerstore.com/containedhome)
- The Kuehl Touch, [thekuehltouch@gmail.com](mailto:thekuehltouch@gmail.com), 314-299-3060
- Happy Spaces by Lizzy, [happyspacesbylizzy.com](http://happyspacesbylizzy.com), [happyspacesbylizzy@gmail.com](mailto:happyspacesbylizzy@gmail.com), 314-570-8942