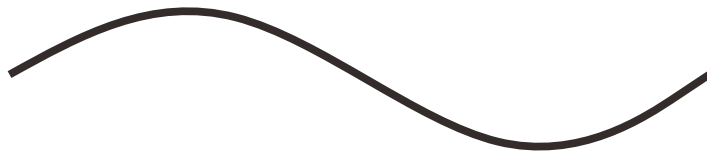


MOTIVATION FOR DECLUTTERING



tri-parishdeclutteringservices.com

Let's face it, we don't like the clutter, but sometimes it's just hard to get started or even motivated. We stand staring at the clutter, close the door or just walk away. Here are some suggestions to help you get motivated.

1. Plan a reward for yourself, spa day, lunch date, coffee break etc. As long as what you do does not contribute to more stuff.
2. Put on some up beat music that makes you feel good while you declutter.
3. Get a declutter partner
4. Set a timer allotting yourself a certain amount of time to complete a task.
5. Start small, don't try to complete a task that is already overwhelming.
6. Some people get motivated watching others do what they need to do, watch a YouTube video of someone decluttering.
7. Take before and after pictures for future motivation, put it somewhere you will see it everyday. If using your phone set it as your screen saver.
8. Set realistic goals, you need the win.
9. Listen to a motivational speaker.
10. Remind yourself why you are doing it, less stuff, less stress, feeling more relaxed, having more room for the stuff you love and use.
- 11.

When decluttering ask your self these 3 questions when you are not sure about getting rid of something.

1. Have I used in the past year?
2. Do I love it?
3. Would I buy it again.

Be sure to have garbage bags and boxes on hand for things to throw away, donating, recycling and to relocate to other areas of the home.

Remove garbage and the donation box right away.

**CLUTTER IS ANYTHING THAT DOESN'T SUPPORT A
BETTER YOU EVEN IF IT'S ORGANIZED**