

10 Ways to Reduce Household Clutter

- 1 - Set a timer for 20 minutes at a time, during high energy times of day, for only about 3 hours per session.
- 2 - Sort into at most 5 groups: Trash, Recycle, Donate, Sell, and Keep. Process items that same day.
- 3 - Remember OHIO: Only Hold It Once. Decide. Move on.
- 4 - Pretty organizing bling is no substitute for hard decisions. Focus on the stuff. Shop later.
- 5 - Work only one area at a time.
- 6 - Work top to bottom, left to right, in any space. Store ongoing projects this way, too.
- 7 - Minimize distractions – even short ones.
- 8 - Do NOT feel shame. You're doing it. Be proud!
- 9 - Keep water handy and a snack nearby.
- 10 - Get objective help. Family, friend, or professional.