



# HOW TO DECLUTTER YOUR HOME & MIND IN 30 DAYS

*Checklist, Easy Hacks & Ideas*

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## Introduction

Everyone has got one or two junks littering around where he stays. Alright, there are those that may have more or less. However, regardless of whatever we have got as junks, it is possible for us to benefit from having our homes decluttered. Web MD and Psychology Today pointed out that most people always feel frustrated whenever they get surrounded by lots of items which they are struggling to manage properly. This is a mess that can lead to stress. Once the clutter around your home isn't taken care of, you are neglecting yourself without knowing.

This write – up is a decluttering guide which will be having you exposed to lots of ways that you can get your home decluttered today. It doesn't just bring in organizing tips but also decluttering tips from well – known experts. A wise thing that you can do is have this page bookmarked since you are going to be making one or two references to it on various occasions whenever you are decluttering your house. It can still be printed.

### Why Your Life Needs To Be Decluttered

When does clutter actually become an issue? Most people believe the process of decluttering their homes is something that wastes their precious time since they believe such time should be used on activities that are more profitable. They believe these are things that can't be found in most cases and why should they be looking for them.

When there are too many clusters inside a house, such can bring about fire hazards. There are also some other health implications which is usually due to the presence of dust and mold. Extreme cases aren't common though.

### What is Clutter?

This is any item which is being kept in the house at the moment that doesn't add any kind of value to one's life. The process of decluttering entails trying to create space whereby those items which have value can be in the house.

There are those who enjoy undergoing this process from time to time. This is because they feel some sense of accomplishment as well as proving control. There are others who feel that extra space is going to be filled up. There are people who want to get rid of some items before moving over to their new houses. It doesn't really matter what the reasons are for you as this guide is going to walk you through the entire process of having your home decluttered.

## Decluttering Your Home



### Step 1

#### Setting of Goals

A plan will need to be set out before getting started. It doesn't matter the amount of clutters around the house or the rooms. There ought to be laid down goals to be achieved. The only way to see all of these goals is by having a plan. This will make you not to get frustrated along the way. Some of what you can do are:

- Writing down a map for every room
- Writing down spots that are cluttered which need urgent attention
- Getting one room decluttered before moving over to another
- Setting out dates of completion for every phase of the cleanup.

What you need to do here is ensure that dates which are realistic are selected. This will avoid any form of frustration that may come up in the long term

Ensure that there is a plan to work on some particular areas. This becomes necessary when such spaces will require more time than the others. Such could be garage or basement.

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