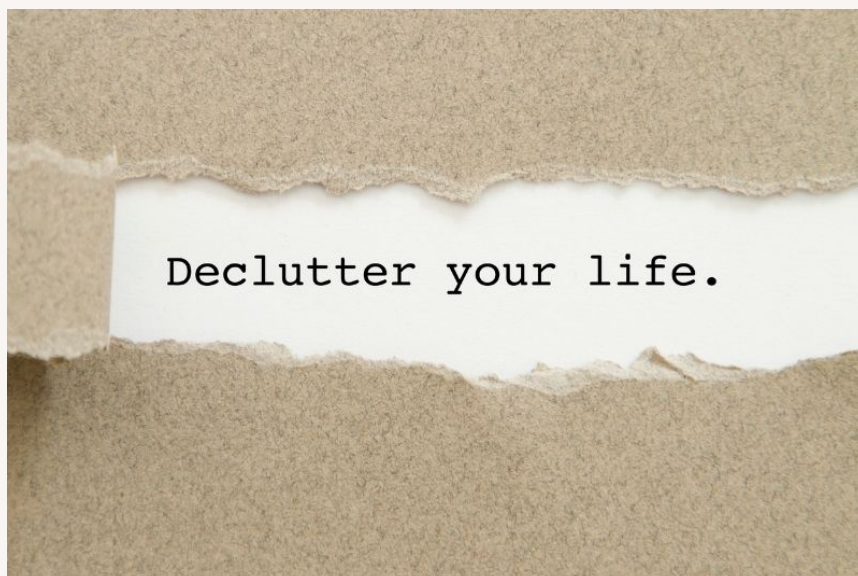


# 10 TIPS TO MOTIVATE YOU TO BEGIN DECLUTTERING YOUR STUFF... AND LIVE THE LIFE YOU WANT

WHETHER YOU LIVE IN  
90 SQUARE FEET OR 9,000,  
THE GOAL IS TO  
SPEND YOUR TIME  
DOING WHAT YOU LOVE

FELICE COHEN

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# Hello!



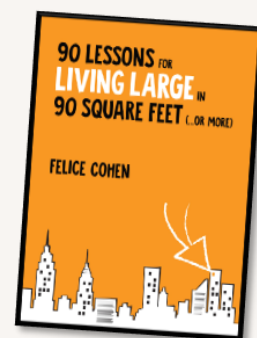
## WHAT MAKES ME QUALIFIED TO DECLUTTER

In the 25 years I've worked as a professional organizer helping people get rid of their clutter, downsize their belongings, and organize their stuff, I've learned that people are capable of doing this on their own, they're just not motivated to do it.

These 10 tips will get you started. Once you see a little progress, you'll be motivated to do a little more. And a little more. And before you know it, your clutter will be gone.

You can do it!

*Felice Cohen*



# 10 TIPS TO BEGIN DECLUTTERING

Bonus Tip: Instead of thinking you're getting rid of your stuff, think of it as a walk down memory lane. Enjoy the journey.

**1**

## **CAN YOU DISCARD 5 THINGS TODAY?**

A piece of Tupperware missing a lid, a read magazine, a bent paperclip, an old cell phone charger, the envelope to a paid bill. Easy, right? What if you did this every day for a week? At the end of the week that's 35 things gone. If after five things you think, "I can rid of five more," then go for it. But you don't have to.

**2**

## **ROLL A PAIR OF DICE.**

Whatever your total number, that's how many items you must put away, toss or donate. You can do this in one room, one closet, or just with your sweaters. If you want to add a little more excitement, if you roll doubles, then after you get rid of the total amount, roll again! Kids love this because it makes it like a game. And games are fun!

**3**

## **SET A TIMER.**

Start with 10 minutes, a half hour or 45 minutes, whatever your energy allows. Choose one area to work on, say the linen closet, or one group of like items, such as T-shirts. Start the timer and get to work. When the timer goes off, stop, you're done, even if you didn't finish. Giving yourself a set amount of time pushes you to try to get it done before the buzzer goes off (Fun!) but also, knowing you can stop removes the burden of it being an overwhelming task thinking you have to work on it for hours. Now, if after the timer goes off and you want to keep going, then by all means, reset the timer and do it again. But remember, you don't have to.

**4**

## **BREAK IT DOWN.**

Just like you don't give babies large pieces of food, never tackle an entire room at once. Start small. Work on one shelf or one subject, like books or board games. If you come across something not related to what you're working on, put it aside. This avoids getting sidetracked which takes you off task and can make you more overwhelmed and then nothing gets accomplished. Eyes on the prize!

# 10 TIPS TO BEGIN DECLUTTERING

5

## LOVE ALL YOUR CLOTHES? DOUBT IT.

Wouldn't it be great if we did love all our clothes? One reason we don't is because we buy things when they're on sale, not because we love them. And when we don't love something, we're less likely to wear it. This is why closet pruning is an ongoing effort. Also, it can be overwhelming. So, breaking it down is a must. Start with shoes. Line them up in pairs. Any badly scuffed? Have broken heels? Never worn because they don't match anything you own? Are uncomfortable? "Buh-bye!" Once you've removed the pairs you'll never wear, move on to socks. Then underwear, pants, T-shirts, etc. When going through clothes there will be items you love and those you don't. The problem area are those items you're not sure about. For those, try them on and ask yourself the following questions to help you make a decision:

- Do I love it?
- When's the last time I wore it?
- Do I own something similar?
- Does it match anything else I already own?
- Is it well made?
- Would I buy it again?
- Do I know someone who would love it more?
- How would I feel if I bumped into an ex while wearing it? (This one usually does the trick.)

6

## ASK A FRIEND FOR HELP.

One day you work together in an area in your home that needs going through, and the next day in your friend's home in an area they need help with. Friends bring energy and make it fun. Having someone to bag up giveaways or trash while you focus on making decisions about your stuff can also keep you from losing steam. Plus, who else but a friend will tell you if your rear-end looks bad in those stone-washed jeans.

7

## ONE PERSON'S TRASH IS ANOTHER PERSON'S TREASURE.

Sentimental items vary from person to person, even within a family. The point is, if something has meaning to you, it should be seen and appreciated, not boxed up in storage. What's the point of a keepsake if you don't see it? But keep only what you really love. If you don't use Aunt Ida's tea set, give it to someone--family, friends, even a stranger--who would. Aunt Ida would rather her tea set be used. She was practical like that.

# 10 TIPS TO BEGIN DECLUTTERING

8

## **"I SAVE THAT JUST IN CASE."**

You know the items I'm talking about. Extra key chains, plastic utensils from restaurants, old cell phone chargers, etc. We hold on to this stuff thinking we may need it one day. But guess what? We rarely do. And that stuff just winds up creating clutter and taking up space. Wouldn't it be better to give those "just in case" items to someone who could really use them? Remember, you can always buy it again if and when the "just in case" moment actually arises.

9

## **THINK OF THE DONATION BOX AS A HELPING BOX.**

When you go through your closets and drawers and begin deciding what to donate, keep in mind that you're not just making room in your home and getting a tax write off, you're helping someone in need. Many people don't have warm coats or comfortable shoes. Knowing that you're making a difference in someone's life can help you decide whether or not you really need 12 pairs of gloves.

10

## **BE RUTHLESS.**

Now that you've begun downsizing and unburdening yourself of stuff, it's easy to start acquiring again. Madison Avenue does a great job convincing us we need everything because we deserve it. But a break today, will be breaking our bank account tomorrow. That doesn't mean we shouldn't buy anything, but we should ask ourselves before we whip out our wallets: Do I love it? Do I need it? If you do, then great, buy it. But if you don't love it, ask yourself what you would love more: owning that item or having more money in the bank for a trip? Or to go toward something you really love?

For more great tips, please check out Felice's book:  
["90 Lessons for Living Large in 90 Square Feet \(...or More\)"](#)



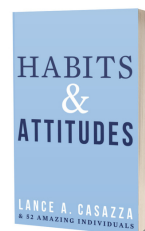
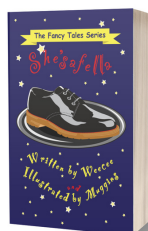
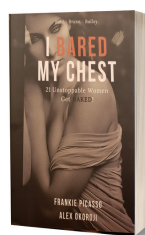
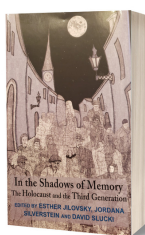
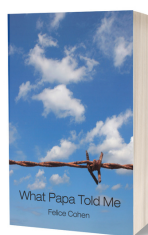


Me in my 90-Square-Foot Studio

Want more decluttering and organizing tips?  
There are 90 of them in my book, along with  
the story of how I wound up living in one of  
the world's tiniest apartments.



My other books. Click on them to read more.



Thank you again for signing up!