

Conquering Clutter

Tips From Gretchen Rubin

"I've been surprised how much, in most people, outer order contributes to inner calm."

—Gretchen Rubin

- 1) Choose to clear clutter—some find that decluttering is energizing and leads to inner calm.
- 2) Get rid of what's out of date, no longer used, or broken.
- 3) Be wary of accepting free items; they often become clutter.
- 4) Stop clutter before it follows you home. Before making a purchase ask, "Where will I put this? Will I *really* use it?"
- 5) Before a clothing purchase ask, "Will I wear this tomorrow?"
- 6) Make purchases that reflect your real life, not your fantasy life.
- 7) One-Minute Declutter Rule: If you can do it in a minute, do it. Small tasks pile up and become overwhelming.
- 8) Fifteen-Minute Declutter Rule: Set a timer and jump into a hard job—but for just 15 minutes. Just 15 minutes per day can make a serious dent in clutter.
- 9) Get to know yourself so you can use your time, energy, and money in the ways that let you be true to yourself.
- 10) Evaluate your space: Does it reflect what's important to you?
- 11) Consider your use of time: Why do you do what you do? Are you spending time with the people and activities that matter most to you?
- 12) If it's important, get it on your schedule.

"Be still and know that I am God."

(Psalm 46:10)

Do I need it?
Will I use it?
Do I love it?



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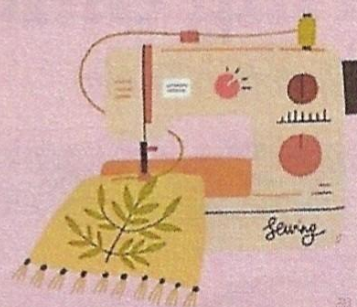
BEFORE YOU MAKE A PURCHASE, CONSIDER THIS!



Can you borrow it?



Can you buy it secondhand?



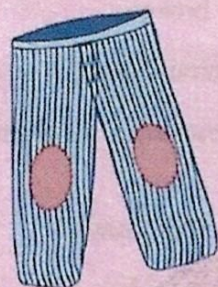
Can you repair it?



Can you dispose of it responsibly?



Can you buy it local?



Will it last for a long time?



Will you look after it?



Will it improve your life?



Can you sleep on the decision?



Can you find a way to feel good elsewhere, like through exercise?



Can you live without it?



Do you actually even really need it?

SIMPLE GIFTS

'Tis the gift to be simple, 'tis the gift to be free,
'Tis the gift to come down where you ought to be,
And when we find ourselves in the place just right,
'Twill be in the valley of love and delight.

When true simplicity is gained,
To bow and to bend we shan't be ashamed.
To turn, turn will be our delight,
'Til by turning, turning we come round right.

'Tis the gift to be loved and that love to return,
'Tis the gift to be taught and a richer gift to learn,
And when we expect of others what we try to live each day,
Then we'll all live together and learn to say:

When true simplicity is gained,
To bow and to bend we shan't be ashamed.
To turn, turn will be our delight,
'Til by turning, turning we come round right.

'Tis the gift to have friends and a true friend to be,
'Tis the gift to think of others not to only think of 'me',
And when we hear what others really think and really feel,
Then we'll all live together with a love that is real.

When true simplicity is gained,
To bow and to bend we shan't be ashamed.
To turn, turn will be our delight,
'Til by turning, turning we come round right.