

Simple Criteria for Simplifying & Decluttering

- *Does the item work, or fit, and do you use it?*
- *Do you like or even treasure the item?*
- *Does the item's story make you happy?*

Credit: *Aimee Gertsch*
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Tips to Aid the Process

- *Dispose of everything that is trash, ie newspapers, magazines, broken items, etc.*
- *Using criteria above, go through your closet, the kitchen, bathroom storage, attic, garage, shed, storage bins, etc. Be ruthless.*
- *Have a yard sale with help. Take leftovers to Goodwill.*
- *Use Ebay, Craigslist & Consignment Shops to sell items of value.*
- *Count your \$\$\$ and smile.*
- *Pat yourself on the back and feel inspired to organize and beautify your home, making it a restful pleasure!*
- *Feel decluttered in your mind as well as in your home! Ahhh!*

Sometimes our clutter & disorganization of things, is a mirror of how we feel about ourselves. Chaos & clutter aren't good for the brain! Most people find that their anxiety and depression levels decrease and self-confidence increases when their environment is more ordered and under control. No need to OCD about it(!), but a normal level of order is a good thing. If your family are the real messies and not you, some "boundary therapy" could help this problem; a little reading and a few counseling sessions could change your household.



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