



# CLUTTER BUSTER



NO TIMER NEEDED FOR THIS!

The amount of time that this is going to take will depend on these things:

- 1) The size of your home
- 2) The amount of rooms that need your help
- 3) The amount of time you have free
- 4) The amount of clutter you have

If you are lacking in motivation then head over the Facebook Group and we can collectively keep you motivated/kick your butt whichever you prefer! (search for TeamTOMM on Facebook)

## Before You Start



**Be realistic** You can only keep the amount of stuff you are able to store, So unless you are willing to pay for storage then you are going to have to prepare yourself for some serious culling!



**Plan the exit route!** Before you start filling your bin bags think about what you are going to do with the stuff! You don't want to end up in a situation where you have piles of rubbish sitting outside in the back garden with no way to get it shifted!



**Don't start what you can't finish!** Make sure you have enough time to complete the task you have chosen to do or you will be become demotivated and despondent.

## 3.. 2.. 1.. Let's Go!

**pick a room**  
(only do one room at a time!)



**sort clutter into 3 piles**

bin it  
keep it  
donate it



take before and after pictures to  
keep you motivated!  
**KEEP GOING!**



start in the left hand corner of your  
room and work your way round  
clockwise. Have a one touch policy -  
if you pick it up sort it into a pile!



## TOP TIPS

- Most councils have a disposal service for bulky items such as fridges and sofas
- If you are up to your neck in rubbish it might be worth hiring a skip
- If you are overly sentimental and are still clinging onto the champagne cork from NYE 1996 then you might need to reassess your emotional connection to inanimate objects!
- A word about clothes ... if it no longer fits or if you haven't worn it for 12 months. LET IT GO!

for more cleaning routines visit  
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