

clutter buster

no timer needed!

the
organised
mum
method

the amount of time that this is going to take will depend on several 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 to the Facebook Group and we can collectively keep you motivated/kick your butt! 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 more 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 or you will become demotivated and despondent.

let's get started!



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



sort clutter into 3 piles.
bin it. keep it. donate it.



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



take before and after pictures to keep you motivated!
keep going!

top tips.

- Most councils have a disposal service for bulky items such as fridges and sofas.
- 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!
- If you are up to your neck in rubbish it might be worth considering hiring a skip.
- A word about clothes, if it no longer fits or if you haven't worn it for 12 months. let. it. go.



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