

SWEET & SIMPLE SUPPORT GUIDE FOR

DECLUTTERING

for the full story, visit the blog post at loveandabovecatclub.com/decluttering

CREATED FOR YOU BY



SELF-CARE FOR CAT LOVERS®



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General Tips

1. Temporary chaos is part of the process; accept it.
2. Conscious deep breaths will help you through it.
3. Start early, but eat before you start, and stay hydrated.
4. Put on music to set a vibe that 'brings the energy.'
5. Don't let tough decisions slow your progress. Just move on to the easier decisions first.
6. Stay away from Memory Lane! This is decluttering, not a reunion luncheon.
7. Be flexible with how long it can take. It might take longer or shorter than you think.
8. Have an idea of your values beforehand. It'll help when you're in the thick of decision-making about *what to do with that thing*.

The 5 Phases of Decluttering

Phase 1: Sorting, Part 1

Phase 2: Fixtures & Furniture

Phase 3: Clean

Phase 4: Sorting, Part 2

Phase 5: Get It Out Of The House

More details for each Phase are in the following pages.



The 5 Phases of Decluttering

Phase 1: Sorting, Part 1

In this phase, you'll start deciding what to keep vs. not. Use boxes, trash bags, bins, or even designated areas on the floor, for sorting items into categories.

The Four Main Categories I used to sort items are:

- Keep
- Donate (or Sell)
- Throw Away
- Maybe

Focus only on the easy decisions in this Phase. If you think "Hmm, I'm really not sure about this item. . ." put it into the Maybe category and move on. We'll deal with the 'Maybes' again in Phase 4: Sorting, Part 2.



Phase 2: Fixtures & Furniture

What fixtures and furniture do you need for your life to get decluttered, and stay that way?

You need a place for everything first, before you can put "everything in its place."

For example, extra electronic power adaptors and cables are clutter, but putting them in an unsightly pile is your only option if you don't have a neat and tidy place to keep them, like a dedicated storage bin.

Time to get out your . . .

- Tape measure or ruler
- Shopping skills
- Note-taking device
- Commitment to decluttered living

And use those tools and skills to find and buy new storage or organizational accessories, fixtures, or maybe even furniture.

Then set them up and start using them!



Phase 3: Clean

Physically clean your spaces: floors, surfaces, shelves, etc.

You might have done some cleaning in prior Phases, but now you can really focus on it.

You're not making any emotional decisions in this Phase, so enjoy the reprieve!

Phase 4: Sorting, Part 2

Revisit the items in the Maybe category.

By now, your thinking and feelings on them may be clearer, allowing you to decide with more ease on whether to Keep, Donate (or Sell), or Throw them away.

What if you still can't really decide? Do this:

- Put your Maybes in a box(es) and label the box(es).
- Store them in an out-of-the-way place.
- Create a calendar alarm or reminder to revisit the box(es) in a year, including the information on where it's located. It's amazing what we can forget in a few months, let alone a year.



Phase 5: Get It Out Of The House

For the Donate items, actually donate them, or have a yard sale.

Donations can go to places like:

- Goodwill
- Transitional Housing
- or other groups who could use them, whether directly, or for their own yard sale type fundraisers

For the Throw Away items, actually throw them away.

For certain items that can harm our habitat (our environment), look up how to discard them properly in your area. This might feel like extra work, but it's also extremely fulfilling, since this is exactly what it means to live in harmony with Earth and be a quiet revolutionary for the common good. Examples of items that need special care are:

- Batteries
- Electronics
- Paints and motor oils
- CFL (Compact Fluorescent Light), LED, or fluorescent tube bulbs

Phase 6: Bonus! CELEBRATE!!!

YOU DID IT!!!

ENJOY THE ADDED CALM & CLARITY OF DECLUTTERED LIVING

ABOUT US & YOU



SELF-CARE FOR CAT LOVERS®

We hope this SWEET & SIMPLE SUPPORT GUIDE is a help to you!

Vision

We dream of a world where cat lovers (like us 🐱) can feel especially understood and supported in their personal and spiritual growth journeys.

Mission

To help cat lovers love and help themselves like they love and help their cats!