

# Step 1 Trash. Clear Space

Kerryn Simmons Coaching





# The Five Steps. Step 1 Trash

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## **Clutter Crew**

Finding and disposing of trash is the first step in the Five Step Progress Only method.

## **How**

Identify any trash in the zone being cleared and put it in your black trash bag or recycling box.

## **Why**

This step is designed to be the easiest place to start. It's easier because it's a category. We don't need to pick up each item and make a decision about whether we want it and where to keep it. Instead we are scanning the zone for any items that look like obvious trash. This reduces our decision down to one question: trash or not? It's also easier because we are less likely to be highly sentimental or attached to items we consider trash. Letting go of trash items is more likely to feel easy, and ease promotes flow.

## **When**

If we follow this method we can clear our space with whatever amount of time and physical, mental and emotional bandwidth we have available. It doesn't matter if that's one minute, one hour, one day or one week because we can stop at any time and we have still made progress.

## **Progress is success**

Making progress is successful decluttering. When we have removed an item we have made progress and improved the space. All our spaces are improved one item at a time so if we don't have the time or energy to complete this step by removing all the trash we see that's ok. We have still made progress and we can come back to this step at a later time.

If we scan a zone for trash and don't see any we have still made progress because we are now more familiar with what is in the zone. We can get "clutter blind" and not really see our items when we've lived with clutter for awhile. This step makes us look. It's also progress because we can rest easier knowing there's no trash in the space and we are ready for step 2.

## Select a zone

Get ready by selecting a zone to clear. A zone is a space within a room to focus on. This may be a shelf, drawer, cupboard or box. Remember it's better to start small and practice the steps in defined areas, rather than attempting to clear a whole room in one go. As each zone is cleared it builds our decluttering muscles and increases our momentum.

## Essential equipment

Next we gather our essential equipment:

- A black trash bag
- A box for recyclables

## Optional equipment

A phone is an optional piece of decluttering equipment. I highly recommend it for:

- Taking Before and After photos
- Setting a timer for the space clearing session
- Playing music, listening to podcasts or audio books while decluttering

## Remember

This is an identification step not a decision step. This step is not about deciding if something is trash or not. It should be as obvious to you as a three week old banana in your handbag whether the item is trash or not. If you are debating whether an item is trash or you are unsure in any way, skip it. Don't slow down your momentum. Leave the item, it will be dealt with in a later step.

## Congratulations

You've completed Step 1. That's a big deal. Appreciate your efforts on behalf of your future self. She's so grateful for everything you've done this session to make life easier for her in the future.

## Acknowledgement

The Five Step Progress Only No Mess techniques were devised by my coach Dana K. White. They work alongside my bodywork and mindset techniques to form the three pillars of my Left Handed Decluttering approach.

## Related resources

- Common trash items
- The Five Steps | Step 2 Easy Stuff
- The Five Steps | Step 3 Donations
- The Five Steps | Step 4 Two Questions
- The Five Steps | Step 5 Make It Fit

## Support

If you want bespoke help implementing my Left Handed Decluttering approach book a free Strategy Session or sign up for a Clear Space program.

