

Step 2 Easy Stuff. Clear Space

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The Five Steps.

Step 2 Easy Stuff

Clutter Crew

Finding things that already have an established place in our home is what we call the Easy Stuff.

How

Scan your zone and identify any items that already have a home elsewhere and Take It There Now.

Why

This step is designed to be the second easiest because it is an identification category. Easy Stuff doesn't require any internal debate or guesswork. It's an item that has a home and we know it. No decision making about where to keep it. We simply take it to its home.

When

We Take It There Now because every step in this five step method is about making progress without creating a mess. We see an item that we know belongs elsewhere. We pick it up and Take It There Now. It's complete. It's done.

If we need to stop for any reason, such as an emergency, or a phone call, or a friend, partner, child, pet or colleague needs our attention, or our health constraints demand we rest, our home is still better than it was before. No piles that need to be dealt with later. Nothing added to a To Do list that we need to remember to action. No re-remembering an earlier decision because we didn't make a decision.

Progress is success

Making progress is successful decluttering. When we find Easy Stuff and Take It There Now we have removed an item. This means 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 Easy Stuff that's ok. We have still made progress. We can come back to this step at a later time.

If we scan the space for Easy Stuff and we don't see any, once again we have still made progress. It's progress because we are now more familiar with what is in the space. We can get "clutter blind" and not really see our items when we've lived with clutter for awhile. This step makes us look. Progress always equals success.

Following all the way through

Easy Stuff has a home and we know it. For example, if a toothbrush was in the lounge room, we know its home is in the bathroom.

In this step it is important that we take an action and follow it all the way through. We scan the zone, identify the item and take it to its home. Done. No further follow-up necessary. It is better to fully clear one item in your decluttering session than it is to half finish clearing five items.

The only exception is when we have mobility or health challenges. If that's the case book a Strategy Session and I can talk you through which modifications to this step will work the best for your unique situation.

Clutter dominoes

What happens when we Take It There Now and there's no space left in the container. That's why we had left it in the other room in the first place. We knew it had a home. We couldn't fit it!

In this situation we keep our focus on the primary area we are decluttering. We don't create a clutter domino and get distracted decluttering this other space. Instead we simply Make It Fit. That means deciding whether the item is worth the space in the container. To mangle a Seinfeld reference: is it container worthy? Every container is finite. It will only hold a certain number of items. We prioritise space in our containers for our favourite things. Do we want the item in our hand to have space in the container? If it is, what item in our container are we prepared to remove and donate to make space for it? If its not container worthy, we donate, sell or discard it.

Remember

This is an identification step not a decision step. This step does not mean we go through the space we are clearing, picking up each item in turn and asking "does this already have an established home elsewhere?" Instead it means scanning all the items in the zone and if we see one that has a home elsewhere, we pick it up and Take It There Now. The simplicity of Take It There Now means each item gets to its established location in our homes. This is how we create a place for everything within the finite limits of our homes.

Congratulations

You've completed Step 2. That's huge. Go on congratulate and reward yourself for the efforts you're making on behalf of your future self. She's delighted that this session is making life easier for her.

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.

