

Step 3 Donations Clear Space

Kerryn Simmons Coaching





The Five Steps.

Step 3 Donations

Kerryn Simmons Coaching

Clutter Crew

Finding and donating obvious donations is the third step in the Five Step Progress Only method.

How

Identify any obvious donations in the zone being cleared and put them in a box or bag that you are willing to donate along with the items.

Why

This step is designed to be easy. It's easy because it's a category. We don't need to pick up each item and make a decision about whether we want it or whether we want to donate it. Instead we are scanning the zone and identifying any items that are obvious donations. This reduces down to one question: can I see an obvious donation? If yes, it immediately goes into your donations box.

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 donations 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 donations and don't see any we have still made progress. Progress always equals success. 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. It's also progress because we are now ready for step 4.

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.

Next we gather our essential equipment:

- A donate-able donations box or bag

Details

- Find a box or bag for donations
- Look for items in the zone that are obvious donations
- Put donations in the donations box
- Donate items to a favourite charity

That last point is important. Step 3 is not complete until the items have been donated.

Options include:

1. Taking the donations to charity after Step 3 and before Step 4
2. Taking the donations to charity after Step 5
3. Scheduling a time to drop off donations
4. Arranging for the donations to be picked up

The sooner this step is fully completed the better, otherwise it becomes another task to add to your mental to do list. Another thing to remember.

Donation Centres

Charities, schools, shelters, animal rescue, sustainability groups and community organisations that accept donations may have different rules and requirements. It's worth checking what items they accept and in what condition. Many things you wouldn't expect can be donated somewhere.

Donations and bandwidth

Donating items is a great way to get things to people in need that will value them and to get things to people that will delight in them and enjoy them. Donating is great for the environment and it's great for community connection and cohesion.

None of this means you must donate. You are the priority at the moment. Your wellbeing is what matters. If you have been living with overwhelm and clutter the priority is getting items out. That's better for you and it's better for the environment and your community in the long run. Once you have decluttered you will have more bandwidth to make better decisions about what comes into your home and how items leave.

Drop the guilt. If the donating isn't happening: trash it.



Remember

This is an identification step, it's not a decision step. This step is not about deciding if you want to donate something or not. It should be as obvious to you as shoes that don't fit you in a colour you don't like. If you are debating whether an item is a donation or not, please skip it. Don't slow down your momentum. Leave the item, it will be dealt with in a later step. Every item will be dealt with in this method.

Congratulations

You've completed Step 3. Look at you being awesome. You are going to put a big smile on so many people's faces when they come across your donations while thrifting.

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 for ease, calm and clarity.

Related resources

- [Donate where?](#)
- [The Five Steps | Step 1 Trash](#)
- [The Five Steps | Step 2 Easy Stuff](#)
- [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, including all Five Steps, please book a free Strategy Session or sign up for a Clear Space program.

