

Step 5 Make It Fit. Clear Space

Kerryn Simmons Coaching





The Five Steps.

Step 5 Make It Fit

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Clutter Crew

Make It Fit is the fifth step in the Five Step Progress Only method.

How

In Step 5 we apply concepts like:

- consolidating Like Items
- the Container Concept
- personal Clutter Threshold

Why

Now that we have removed all the trash, put easy items that belong elsewhere away, dropped off donations, and have put items where we would look for them first, we are left with the items that belong in the zone we are clearing. If we still have too many items we need to Make It Fit within our space constraints.

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, whether that's one minute, one hour, one day or one week. That's because we can stop at any time and we will have still made progress.

Progress is success

Making progress is successful decluttering. When we apply the container concept and declutter until we are under our personal clutter threshold we Make It Fit. We have made progress and improved the space. Now that the zone is completely decluttered, maintaining it becomes a much simpler, quicker and easier task.

Tips

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

Select a zone

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

In Step 4 we pick up each item one at a time and ask Question 1.

How | Consolidate Like Items

To Make It Fit we first consolidate all our Like Items together in our preferred organising style. If we're a macro organiser that means we organise in broad categories and if we are a micro organiser that means we prefer narrow categories.

For example, if we're organising bathroom items we may want to consolidate all of our skincare products in one macro skincare category or we may want to consolidate all our skincare into micro categories like:

- sunscreen
- moisturisers
- eye creams
- serums
- exfoliators
- face masks
- night creams



Consolidating Like Items makes it more obvious if we have any excess that we may want to cull by donating our least favourites. Keeping our Like Items together also means that we know what we have and we are less likely to unintentionally purchase more duplicates.

How | Apply the Container Concept

Anything that contains another item is a container. That may be a box, tray, bag, shelf, cupboard, countertop. All containers are limits. They are meant to contain items within finite space. When we apply the Container Concept it means we are not exceeding the Container we have set for that category of items.

Designate specific containers for your items. For example, you may have a shelf or storage box in your bathroom that you have designated for your skincare supplies. The amount of items that can fit in that container is your container limit. If you have too many items for that shelf or box we prioritise our favourite items first and then we discard or donate the excess. We don't put up another shelf or buy another storage box. Not exceeding that limit means we have successfully applied the Container Concept.

Remember we can decide how much space we want to devote to skincare supplies. We can keep anything, not everything. Once we have determined our limit, we need to stick to it for a home that is fully functional and easily managed.

he other time we apply the Container Concept is when we Take It There Now. If there is no space available we need to decide if we prefer the item in our hand to the items already in the Container. If we prefer the item in hand we need to discard or donate something that's in the Container. If we prefer the items in the Container we need to discard or donate the item in hand.

How | Personal Clutter Threshold

Applying the Container Concept goes a long way towards making our home more manageable, but for many of us having our Containers at 100% capacity prevents us from having a fully functioning home. This is where we need to discover our personal Clutter Threshold.

Our personal Clutter Threshold is the amount of items that we can easily manage within each Container. It takes some research and development to work out our personal Clutter Threshold. In some areas we may be easily able to manage a shelf or cupboard that is 100% full, whereas for other spaces we may need to keep them 50-75% full otherwise we struggle to easily put things away and get them out.

We know we have reached our personal Clutter Threshold when it's as easy to put things away as it is to leave things out, and we are routinely putting items away and tidying an area in five minutes or less.

It feels like less of a chore when we are under our personal Clutter Threshold. In fact we may get some satisfaction from it, or even start to enjoy it.

Congratulations

You've completed all Five Steps of the Progress Only Method. What a star!

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

- [The Five Steps | Step 1 Trash](#)
- [The Five Steps | Step 2 Easy Stuff](#)
- [The Five Steps | Step 3 Donations](#)
- [The Five Steps | Step 4 Two Questions](#)

Support

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



