

POWER THROUGH CLUTTER

Clutter is one of the main reasons a home needs organizing. If you cannot move around quickly, find things you regularly need, trip over, pile, or buy multiple items because you can't find something, your home most likely needs decluttering and home organizing systems. Home organizing systems give you a place for everything. However, it's not easy to maintain an organized home if we have too many things, including clothes, food, shoes, books, paper, gift wraps, sunglasses, etc. This is when we must make the difficult decision to let go of multiple things to get organized and be able to maintain order.

The question then becomes, **“HOW do I get rid of stuff?”** Sometimes going through many things can cause a lump in your throat because of the anxiety and overwhelming feeling you get. Try to power through by asking yourself these questions for any item you consider purging.

L – Do I **Love** it? If you do, do you have room for it?

U – Do I **Use** it? If you do, how often?

M – Do I have too **Many**? If you do, keep the best one, or you need to have a place for each one.

P – Can I easily **Purchase** or borrow one if I have too later?

It's not always easy to let go of things and you might want to take it slowly. We suggest you have a black and a clear bag with you as you go from one small space to another. The black bag is for trash and the clear bag is for donations. Try this once a week or for 20 minutes a day. Every little bit you declutter is progress. Give yourself grace and celebrate any amount of change you make.

Still unable to declutter and get organized? Call or contact Dynamic Organizing Solutions (link at the top of the website) to help you. We will go at your pace with compassion and use a non-judgmental approach.

Call 832-686-4731 for a Free 30-Minute Consultation

We organize spaces and create systems to help our clients feel free and empowered. If you're ready for a sense of newness and ability to do more, contact us soon.