

DECLUTTER LABELS

HOW IT WORKS

Print these labels and cut out. Tape the labels to your bags or boxes and get your home decluttered. Then, follow through - throw it out, donate, or sell it!



DECLUTTER LABELS

HOW IT WORKS

Print these labels and cut out. Tape the labels to your bags or boxes and get your home decluttered. Then, follow through - throw it out, donate, or sell it!



DECLUTTER LABELS

HOW IT WORKS

Print these labels and cut out. Tape the labels to your bags or boxes and get your home decluttered. Then, follow through - throw it out, donate, or sell it!



DECLUTTER LABELS

HOW IT WORKS

Print these labels and cut out. Tape the labels to your bags or boxes and get your home decluttered. Then, follow through - throw it out, donate, or sell it!



HOW TO DECLUTTER

3 WAYS TO CUT DOWN ON CLUTTER

- 1. Purge.** Get rid of the excess stuff in your home.
- 2. Shop less.** Just don't bring more stuff into your home. When you do make a purchase really decide if the new thing is going to make your life better or just add to the clutter.
- 3. Own less.** When you do bring a new thing into your already full life, realize that something else will need to go in order to make room for the new thing.

AS YOU GO THROUGH YOUR HOUSE, ASK YOURSELF THESE QUESTIONS

- Do I need this?
- Is there something else I could use in it's place?
- Do I own another one? Do I really need two or more?
- Is this item stealing my joy by creating clutter in my life?
- Could someone else use this item more than me?
- Has this item served it's purpose and needs to be thrown out?
- Does this item have a home ? Where does it go?

IT'S OKAY TO LET THINGS GO.

HOW TO DECLUTTER

3 WAYS TO CUT DOWN ON CLUTTER

- 1. Purge.** Get rid of the excess stuff in your home.
- 2. Shop less.** Just don't bring more stuff into your home. When you do make a purchase really decide if the new thing is going to make your life better or just add to the clutter.
- 3. Own less.** When you do bring a new thing into your already full life, realize that something else will need to go in order to make room for the new thing.

AS YOU GO THROUGH YOUR HOUSE, ASK YOURSELF THESE QUESTIONS

- Do I need this?
- Is there something else I could use in it's place?
- Do I own another one? Do I really need two or more?
- Is this item stealing my joy by creating clutter in my life?
- Could someone else use this item more than me?
- Has this item served it's purpose and needs to be thrown out?
- Does this item have a home ? Where does it go?

IT'S OKAY TO LET THINGS GO.

THE 10 MINUTE DECLUTTER

TAME THAT CLUTTER IN JUST 10 MINUTES A DAY

Excerpted from the book From Chaos to Calm: 15 Weeks to a Happy Home by Melissa Ringstaff.

Getting your home organized so that it stays that way can be a real challenge. If you are like me, there are certain places in your home that over time seem to just collect clutter! In our house there is the drawer in the butler's pantry, the buffet in the dining room, my desk, the laundry room table... the coat closet...

Yes, clutter seems to be a real enemy of mine! Sometimes it feels like there is no way I will ever have a perfectly clutter free home. And that may be true. I may never completely conquer the clutter bug, but at least I can stay on top of it so that the little piles of clutter hidden away in drawers or closets never take over control of my home.

The 10 Minute Declutter is a perfect solution to taming those piles where ever they may be!

How It Works

Each morning or evening, or even more than once a day, set the timer for 10 minutes and tackle an area in your home that has collected clutter.

If you are just getting started decluttering, it may help for you to make a list of places in your home that need decluttering. Be sure, however that the 10 Minute Declutter list is only small spaces that can be accomplished in 10 minutes or less. The 10 Minute Declutter is not for major closet cleaning!

You'll be amazed at how much clutter can be reduced in just that little bit of time—and you will feel good knowing you accomplished something productive!

WHAT TO DO WITH YOUR STUFF

DECLUTTER CHEAT SHEET

BY MELISSA RINGSTAFF

- 1. Good Will or Salvation Army.** Most communities have a Good Will Thrift Store or something similar that you can donate to.
- 2. Local Women's Shelter.** Call and see what types of items they may need.
- 3. Animal Shelter or Animal Rescue.** Animal shelters are often in need of old bedding for the animals – sheets, blankets, etc.
- 4. Appalachian Community Center.** My husband and I run a Community Center where we give away food, clothing, and household items twice a week. If you'd like to donate, you can send packages to: {USPS} Appalachian Community Center, c/o Melissa Ringstaff, PO Box 1020, Harlan, KY 40831.
- 5. Homeless Shelter.** Call and see what they can use. My husband and I take boxes of purses and totes to a homeless shelter each month because the homeless need bags to carry things in.
- 6. Used Book Store.** My favorite used bookstore is McKay's in Knoxville, TN. It's amazing. So, anytime I can bring in some books/ CD's/ DVD's/Games for trade and get in-store credit, I'm happy!
- 7. Homeschool Classifieds.** If you homeschool, you can either take your used books to a bookstore like the one above, or post them for sale on HomeschoolClassifieds.com.
- 8. Gift a friend or family member.** Some of your no longer needed items could bless a friend or family member!

9. Freecycle Network. Freecycle is a program where you can post things you have that you want to give away {or see if you can find something you need}. You can see if your community or surrounding area has a Freecycle Network in your area on their website.

10. Craigslist or Ebay. I've sold quite a bit of stuff on Craigslist and Ebay over the years. Plus, you can list FREE stuff that you just want to give away on Craigslist, too!

11. Half.com. The first year that Half.com existed my husband and I made \$5000.00 selling books. We don't list as many books anymore, but it's a great way to make some extra cash!

12. Yard Sale. I remember the year we moved back east, we had a yard sale before we moved and made SO much money. It was so exciting we kept going into the house looking for more stuff we could part with. Whether you get that excited about having a yard sale or not... it's a great way to make a little extra cash for your family. If you feel you can spare the cash and want to donate it, a yard sale is a great way to help raise money for a worthy cause.

13. Consignment Shops. If you have a consignment shop in your area, they can really be a great way to make a little money on gently used clothing and baby items.

14. Used Eyeglasses can be donated, too. We take our used glasses to a local eye doctor who collects them.

15. Dress for Success. This organization provides low-income women with business attire to help them get a job.

30 DAY DECLUTTER CHALLENGE

REMEMBER: LESS IS MORE

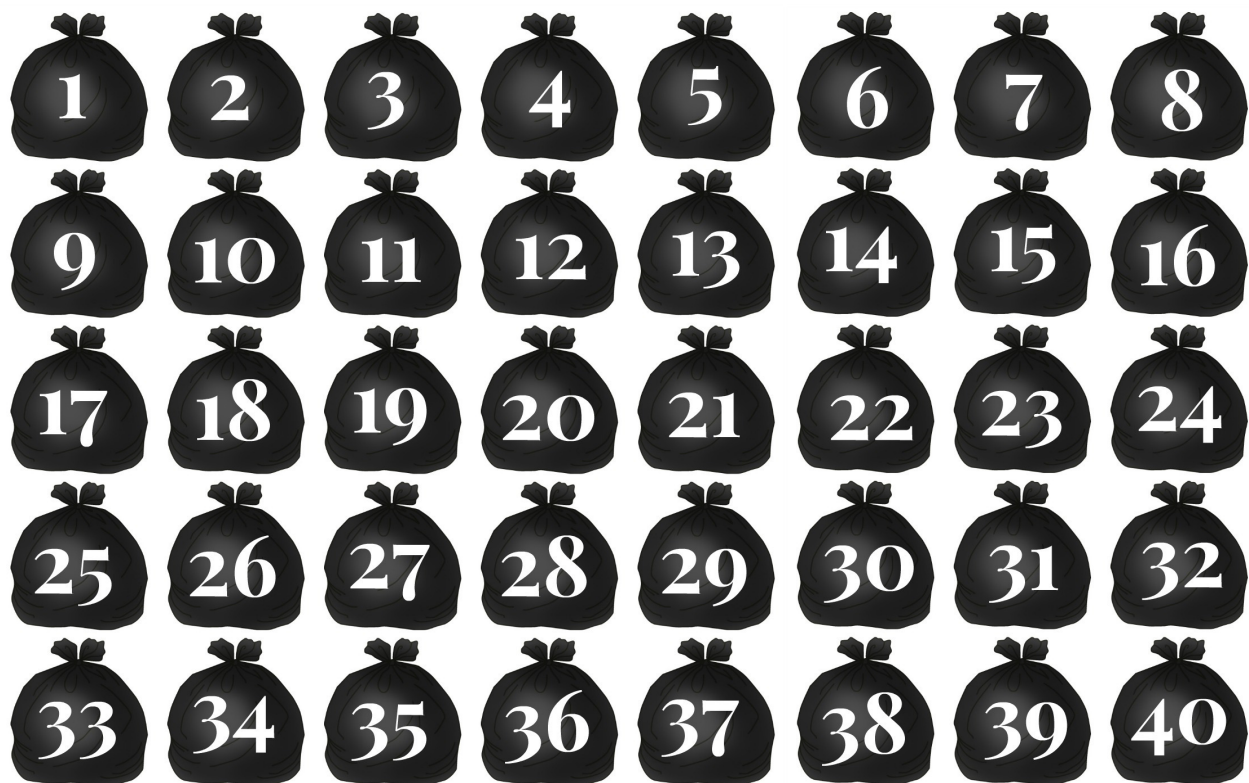
| | | | | | |
|---|-----------------------------|----------------------------------|-------------------------------------|-----------------------------------|----------------------------------|
| #1 CLEAN OFF YOUR DRESSER TOP | #2 CLEAN OUT PURSE | #3 CLEAN OUT FRIDGE | #4 JUNK DRAWER | #5 LINEN CLOSET | #6 KITCHEN COUNTERS |
| #7 CLEAN OUT FREEZER | #8 OLD SHOES | #9 CLEAN OUT PANTRY | #10 CLEAN OFF DESKTOP | #11 DESK DRAWERS | #12 OLD CLOTHES |
| #13 KIDS TOYS | #14 MISSING SOCKS | #15 LAUNDRY ROOM | #16 EXTRA OR BROKEN DISHES | #17 OLD MAKEUP | #18 UNDER KITCHEN SINK |
| #19 MEDICINE CABINET | #20 TABLE TOP | #21 COATS & WINTER GEAR | #22 CRAFT SUPPLIES | #23 DECLUTTER PHONE APPS | #24 ANOTHER JUNK DRAWER |
| #25 CLEAN OUT CAR | #26 OLD GAMES | #27 UNDER BATHROOM SINK | #28 CLEANING SUPPLIES | #29 OLD BOOKS | #30 FOYER & MUDROOM |

40 BAGS IN 40 DAYS CHALLENGE

HOW IT WORKS

The challenge is simple. Buy a box of big, black trash bags and fill one bag with stuff you don't need every day for 40 days.

Print this page onto Avery Sticker Paper and cut out the stickers to place in your planner.



40 THINGS TO DECLUTTER

GET TO WORK AND PURGE

KITCHEN

1. Take out condiments and chop sticks
2. Frozen food
3. Expired food in your pantry
4. Chipped dishes
5. Duplicate utensils or tools
6. Plastic containers with missing lids
7. Unused cookbooks
8. Extra water bottle containers
9. Old spices

BATHROOM

10. Old makeup and nail polish
11. Old towels and wash cloths
12. Old tooth brushes
13. Toiletry items you'll never use
14. Extra cleaning supplies
15. Expired medicine

BEDROOM

16. Old bed linens
17. Books you've already read
18. Junk in your nightstand drawer
19. Old cell phones or tablets
20. Extra pillows

21. Old candles
22. Wire hangers
23. Mismatched socks
24. Old purses
25. Clothes that you no longer love

KIDS ROOMS

26. Toys
27. Old art supplies
28. Mismatched socks
29. Outgrown clothes
30. Extra artwork

LIVING ROOMS

31. Old candles
32. Old magazines
33. Books you've read
34. Old remotes
35. Broken stuff
36. Old papers
37. Old sewing supplies
38. Dead plants
39. Junk on end tables
40. Stuff under the sofa