



Tip #3 - Have dedicated piles for what you are getting rid of vs. what you are keeping

ACQUIRE BOXES, TUBS, AND TOTES TO PHYSICALLY REMOVE ITEMS FROM YOUR SPACE. IF YOU PLAN ON SELLING YOUR THINGS, MAKE SURE YOU HAVE ROOM TO STORE THEM UNTIL THE SALE DATE. LABEL YOUR TUBS SO THAT FAMILY KNOWS THEY ARE THE "GET RID OF" TUBS. NEATLY ORGANIZE ANYTHING YOU ARE GOING TO KEEP BACK INTO ITS SPOT.

Tip #4 - Be realistic

HAVE AN OPEN AND HONEST CONVERSATION WITH YOUR FRIENDS AND FAMILY ABOUT YOUR DECLUTTERING AND GOALS. KNOW THAT THIS PROCESS IS NOT A DAY LONG OR EVEN WEEK LONG PROCESS.

TAKE A DEEP BREATH. YOU CAN CONQUER THIS. THINK OF YOUR END GOALS AND ALL THE STRESS AND ANXIETY THAT WILL BE RELEASED WITH THE BOXING UP AND SELLING OR GIVING AWAY OF YOUR THINGS.