



TidyWild Tips for Clearing Clutter



FIRST...

1. Start with a small, doable category
2. Have a donation box and trash bin or bag handy
3. Pull EVERYTHING in that category out (even if it's in another room)
4. Find keepers: absolute favorites - set aside in categories
5. Find needers: items not loved as much but needed - set with the favorites
6. Look at the rest and BE HONEST - ask yourself:
 - a. Do I HAVE to keep this?
 - b. Do I use it?
 - c. Will I miss it in a month if it's gone?
7. Put unwanted or broken items in the donate and trash bins



NEXT...

1. Put keepers & needers away in a way that feels good
2. Keep tweaking it until you feel the 'click point' AND remember, progress over perfection



BEFORE YOU'RE FINISHED:

1. Take out the trash
2. Take donation items to center (or put them in your car & make a mental note of when you'll drop them off - and fulfill this promise to yourself)

Then CELEBRATE!

Celebrating is SO IMPORTANT!

Celebrating every single thing you do to move toward your goals teaches your brain...

YES! WE CAN DO THIS!

This is fun! This is good! This doesn't suck!

Do a happy dance, take a hot bath, make a fancy meal, do something special...
and make sure to look often at the results :)

Then KEEP IT UP

Each day, put things away in and around that space.

Take care of it like it was a beloved toy you had when you were little.

Do the little things it takes to make it feel so good you WANT to keep it up.

YOU'VE GOT THIS. I'M RIGHT THERE WITH YOU, CHEERING YOU ON



*With sooo much love,
Spring*