

Declutter Like Mother: A Step-by-Step Guide to a Tidy Home

Decluttering your home can be a daunting task, but it doesn't have to be. With a little planning and effort, you can declutter your home like a pro. Here's a step-by-step guide to help you get started.



Declutter Like a Mother: A Guilt-Free, No-Stress Way to Transform Your Home and Your Life by Michael Pollan

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Step 1: Set a Goal

Before you start decluttering, it's important to set a goal. What do you want to achieve by decluttering? Do you want to make your home more organized? Do you want to create more space? Do you want to reduce stress?

Once you know what you want to achieve, you can start to develop a plan.

Step 2: Sort Your Belongings

The first step to decluttering is to sort your belongings into piles. You can create as many piles as you want, but the most common piles are:

- **Keep:** These are the items that you use on a regular basis and that you want to keep.
- **Donate:** These are the items that you don't use anymore but that are still in good condition and that you can donate to charity.
- **Trash:** These are the items that are broken, damaged, or that you don't want anymore.

As you sort your belongings, be honest with yourself about what you use and what you don't. If you haven't used an item in the past year, it's probably time to let it go.

Step 3: Declutter One Room at a Time

Decluttering your entire home all at once can be overwhelming. It's better to declutter one room at a time. This will help you stay focused and motivated.

Start with the room that you use the most. This could be your living room, your bedroom, or your kitchen. Once you've decluttered one room, you can move on to the next.

Step 4: Be Ruthless

Decluttering is about letting go of the things that you don't need. This can be difficult, but it's important to be ruthless. If you're not sure whether or not to keep something, ask yourself these questions:

- Do I use this item on a regular basis?

- Is this item still in good condition?
- Do I have a better use for the space that this item is taking up?

If you answer no to any of these questions, it's time to let the item go.

Step 5: Find a Place for Everything

Once you've decluttered your belongings, it's important to find a place for everything. This will help you stay organized and prevent clutter from building up again.

When you're finding a place for everything, think about how you use each item. For example, if you use your coffee mug every morning, put it in a cupboard near the coffee maker. If you use your tools on a regular basis, put them in a toolbox that you can easily access.

Step 6: Maintain Your Decluttered Home

Decluttering is an ongoing process. Once you've decluttered your home, it's important to maintain your progress. Here are a few tips:

- **Put things away as soon as you're done with them.** This will help prevent clutter from building up.
- **Declutter regularly.** Don't wait until your home is a mess to declutter. Declutter a little bit each day or each week.
- **Be ruthless.** If you're not using something, get rid of it. Don't let clutter accumulate.

Decluttering your home can be a daunting task, but it's definitely worth it. A tidy home is a more organized, less stressful, and more inviting place to

live.

Here are some additional tips for decluttering like a pro:

- **Start small. Don't try to declutter your entire home all at once. Start with a small area, such as a closet or a drawer.**
- **Set a timer. If you're having trouble getting started, set a timer for 15 minutes and see how much you can declutter in that time.**
- **Take before and after pictures. This will help you see how much progress you've made and will motivate you to keep going.**
- **Get help from a friend or family member. Having someone to help you declutter can make the task more fun and less overwhelming.**
- **Reward yourself for your progress. When you reach a goal, such as decluttering a room, reward yourself with something you enjoy, such as a massage or a night out with friends.**

Decluttering your home is a great way to improve your life. It can help you reduce stress, save time, and make your home a more comfortable and inviting place to live.



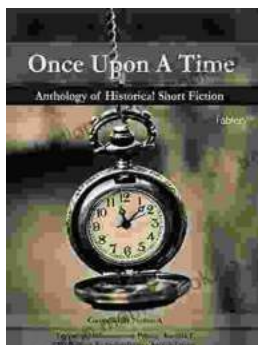
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