



# Declutter 101 with Cure for Space Your Prescription for Sanity

## Always take a room-by-room approach.

### Sort and designate items that need to leave the room:

- Transit (somewhere else)
  - Specific Room(s)
  - Belongs to someone else
- Repairs
  - Self
  - Specific repair shop(s)
- Trash
  - Recycling
- Letting Go
  - Charity
  - Gifting
  - Returns
  - Selling
- Dilemma
  - Person(s) who need to help decide

### Sort items that stay in the room:

- Decide where they should live. In your bedroom, for example, designate drawers to specific clothing and make sure there is enough room to hold all these items.
- Be persistent putting away items into their designated spot.
- Spend five minutes every day putting away what may have been left out.
- Make it a habit to put away any item immediately after its use.

Decision-making is sometimes hard. Evaluate items by asking yourself:

**Do I like it?** 🖐️ **Do I use it and how often?** 🖐️ **Do I want it?**

**Do I need it?** 🖐️ **Do I have room for it?**

### Keep it if it...

- ...Generates love and good feelings.
- ...Helps you make a living.
- ...Simplifies your life.
- ...Helps to get something done.
- ...Has significant cash value.
- ...Gives you more than it takes.
- ...Will enrich or delight the coming generation.

### Don't keep it if it...

- ...Is broken.
- ...You always hated it.
- ...Is the wrong size, color, or style.
- ...Is more bother than worth using it.
- ...Would not affect you to ever see it again.
- ...Generates bad feelings.
- ...Gives no enjoyment.
- ...Will shock, bore, or burden the coming generation.

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512 267 1972 • [www.cureforspace.com](http://www.cureforspace.com) • [RXforsanity@cureforspace.com](mailto:RXforsanity@cureforspace.com)

If you are looking for help with organizing or maintaining your home, please call.