

Live a Simpler, less cluttered life

Downsizing – Part 2 Decluttering Techniques



Last time we covered...

- Segregating items into Keep, Sell, Donate, Trash and what percentage of each is likely
- “Not here” box
- How to get rid of the things you don’t want to keep
 - Friends and family
 - Donations and leading the way with values and the trunk trick
 - Selling – what and how
- Trash tips

Decluttering Techniques



Buying Freeze

- Only buy consumable things. Movie tickets, food, etc. Nothing that leaves an imprint in the home.
- If something is definitely worn out, see if you have something else that will work. I.e. If your favorite black shoes gets a slice, do you have another pair that will work until you are done packing.



15 minutes a day with a trunk trip at the end

- Have a plan to deliver these donation items to their end home on a regular basis.
- Methodical purging
- Speed runs
- If time doesn't work for you, consider a certain number of items a day to be donated. You can also do by volume – 1 grocery bag a day.



The Hanger Trick



- This works if you have plenty of time. If this is a quick move, it won't be helpful.
- Reverse the way you hang up your clothes. This means that the point of the hook will be facing you.
- When you choose an item and wear it, not just try it on to see if you like it as an outfit, put it back facing the usual way.
- After a predetermined period of time, see which items are still facing the wrong way. These are prime items for donation.
- You can use the same technique with folded items by putting a sticker on the top. Remove when you wear the item.

Declutter Buddy

- Just sit while the other works on their home.
- You are not allowed to convince your buddy to keep something they decide to get rid of.
- Set a time limit for working. Getting exhausted will make you resist doing it again.
- Swap houses and work on yours while your buddy is there for you.
- Can be in person or remote
- If you are comfortable with tech, you can each work on your individual homes while you zoom. That way you can ask opinions and chat to keep you engaged.



Yours, Mine and Ours

- Each person purges their own stuff
- Each person has a veto for jointly owned items.



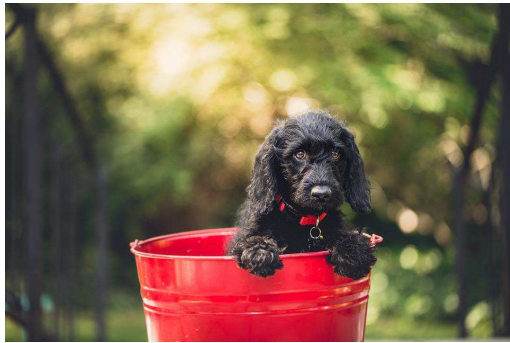
Reasonable Number



Reasonable number

- Can be sub-divided. Ie. Shoes can be broken down by type, sneakers, sandals, winter boots, etc.
- Keep in mind the total space available for the category. Use the width/height of the largest to determine what will fit.
- People tend to feel that the reasonable number of items is what they think they already own. In downsizing, prepare to choose a number half of that (or less).
- You may need to be brutal here. Take into consideration where you will be moving to and the different needs there vs. where you are now. Ie. Moving from Maine to Florida means a very different wardrobe. How much traveling are you likely to do, etc.

Friends, Acquaintances, Strangers



Friends, Acquaintances, Strangers

- Friends – you know what they are, where they are and you use them all the time.
- Friends you keep
- Acquaintances – you knew you had it but don't remember when you last used it. Not sure where it was.
- Acquaintances – can come if there is room
- Strangers – Not sure what it is, what it belongs to and completely forgot you had it
- Strangers are not welcome in the new home – trash or donate

The Best Friends Game





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The Best Friends Game

- Determine how many of those items you have room for. Consider starting by using the reasonable number technique.
- Lay out what you have in that category.
- Pick your best friend in the group. Set it aside in the keep area.
- Pick your next best friend, etc. until you have reached your final number
- Donate the remaining items
- It can help to ask yourself “What DESERVES to make the move with me?” This can help you stay focused on only taking the best.

Early next year

Downsizing – Part 3 – Preparing for the move