

10 Tips for Strategic Decluttering™ From Moving Solutions

The key to efficient decluttering is keeping the end goal in mind. Strategic Decluttering lets you use your entire home, allows you to find things, and to clean easier. It can bring joy to family, friends and strangers, can allow you to save on taxes or make money.

Tip #1 – Think of downsizing in your home of decades as losing 100 lbs. You didn't gain the weight overnight and you can't lose it overnight as well.

Tip #2 – The key to losing 100 pounds is not losing the 100th pound; it's losing the first pound. The key to downsizing is not finishing the process; it's starting it.

Tip #3 – Stop warehousing your kids' stuff. Do they visit their things but not take them home? If so, put them in a box and place it by the door so your kids can take the carton with them the next time they visit.

Tip #4 – Decide on what “go” means. It may sound silly, but “This goes” can mean you are getting rid of it or taking it with you. To avoid confusion, decide what “go” means and use it consistently. Better yet, use color coded dots to separate what you are keeping and what you are getting rid of.

Tip #5 – If you plan to store things temporarily in trash bags, use clear bags for items being stored and opaque bags for regular trash. So you don't accidentally throw storage bags out.

Tip #6 – Throw a downsizing party. Cover your dining room table with items you no longer need and invite friends over for coffee, with the caveat that they must take one thing away with them. It's fun, and since each person selects what she wants, everyone leaves thinking that they found a “treasure.”

Tip #7 – Keep sorting sessions short – two hours at most, and start with the simplest room first. Starting with the most complicated area means you may get discouraged, throw up your hands and quit. Starting with a simple room helps build confidence so you say “I can do this.”

Tip #8 – Once you start working, don't leave the room; it's human nature to get distracted (especially from something we don't want to do in the first place).

Tip #9 - DON'T PACK! Remember, you are months or even years away from moving. If you can pack something away and not need it until you move, you probably don't need it.

Tip #10 – Take photos of the rooms or items that you aren't keeping. This way you can help preserve memories without having to keep all the stuff.

Moving Solutions helps older adults and their families throughout Connecticut with move preparation, packing, unpacking, and profitable disposing of unwanted items. An initial consultation is provided free of charge. For more information call (860) 437-8652 or toll free (877) 337-8652.