



When preparing to downsize the amount of stuff you own, it's helpful to have a few simple guidelines to follow. Keep these tips nearby to help you stay on track.

When considering whether to keep each item, pick it up and ask yourself these questions:

1. DO YOU USE OR WEAR IT?

If you can't remember the last time you used that appliance or wore that t-shirt, it's time for it to go. If you haven't needed it recently enough to remember using it, you don't need it.

2. DOES IT TRULY MAKE YOU HAPPY?

To feel happy, we need to surround ourselves with people and things that make us happy. If you have a negative feeling or emotion associated with a piece of clothing or are hanging on to a gift you received but never liked, it's time for those items to go. The clothing was something you loved when you bought it, but if you no longer feel those happy emotions, don't keep it. Gifts we receive are typically hard to part with but they've already fulfilled their purpose (the giver feels good about giving it to you) so it's okay to pass it along on its journey so someone else may enjoy it.

3. DO YOU HAVE A PLACE TO PUT IT?

After getting rid of the things you don't use and the things that don't make you happy, it's essential that everything left has a home. There must be a place to put every item and the item must be returned to that spot when you are done using it. When things don't have a specific home to return to they become clutter all over again. If you don't have space for it, don't keep it.

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