



Declutter: Start your journey today!

Step 1. Choose a place

Pick one place to declutter. Whether it's one drawer, a table top, a section of the kitchen or one room. Only set a task that you are sure you can complete. Start small if that's all you can handle. It's important to complete the task in it's entirety before moving on. This is a step toward better health and wellbeing!

Step 2. Declutter

Now it's time to declutter. Find a space where you are cleaning and sort items out. For example, put stationary in one pile, books in one pile, socks in one pile, shirts in one pile – you get the idea.

Once completed, go through each pile and ask yourself:

- * Does this item work?
- * Do I use it every day? Or have I used this item in the last 6-12 months?
- * Is there enough space to store it?
- * Do I like this item still?

NO: If any of your answers are no, give it away, gift it, sell it **or** if it's unusable, throw it away.

YES: If the answer is yes, find a home for it then and there.

Notes:

- * If you are sorting items like clothing, hang or fold them straight away. For shoes, store them immediately. You get the idea! That way, you clean as you go!
- * Be aware of items that expire (food, makeup, etc) – throw them out immediately if they are passed the Use By Date.

Step 3. It's okay to ask for help

Ask for help if you need it. Those that care about you, will help. And if anyone judges you, reconsider who you surround yourself with. It is said that if groups face challenging situations together, the bond is stronger. Adversities bring people together!

Step 4. Future & Contact

Continue Step 1 to Step 3, until you are satisfied with your space. Cleaning doesn't have to be torture. Change your habits, little by little and you'll be surprised how easy it can be. Invest in yourself and in your space. If you need advice or have any questions, please contact me at thetinyhealerenquiries@gmail.com. As always, all queries are kept confidential.

Donation ideas:

- * Local charity store
- * Family/friends interstate or overseas
- * Homeless shelters
- * Re-purpose e.g. chair/stool as plant holder

Places to sell items:

- * Marketplace on Facebook
- * Gumtree (Australia)
- * Ebay
- * Amazon