



TRANSCRIPT

Episode 3: Where to Start With Decluttering

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WELCOME

Welcome to the Get Organized HQ podcast. I'm your host, Tasha Lorentz. Every week we share practical strategies for less stress and more peace as we dive into all topics life and home organization. I'm so glad you're here for this week's episode.

WHAT DO I DO NEXT?

Today we're going to be sitting down and chatting about where to start when decluttering. So something that I've noticed about myself is that I am the least productive when I don't know what to do next.

So a good example of this is at work, if I have a to do list, and I know, like, I need to write this email, I need to create this graphic, I need to record this podcast episode, I can really get into a rhythm and start making progress and moving forward.

But when I don't know what I need to do next, that is when I really start to do a lot of little things that do not add up to much at all. Like the whole going and checking my email and, like, refreshing my email inbox and then going to my work messages and seeing if there's anything I need to respond to there.

GETTING DISTRACTED

And, oh, look, I got distracted. There's an email

about a sale on pajama pants. And I'm going to go over here.

Like, I think a lot of people can probably relate with this feeling, right? Like, tell me I'm not the only one who, if I don't know exactly what I'm doing, I am very prone to get distracted.

And I think that the same thing can really happen when it comes to decluttering. If you are trying to declutter your house, maybe you haven't decluttered your house in a long time or ever. Like, maybe this is your first journey into decluttering your space.

NOT SEEING PROGRESS

If you don't know what to do next, it really can lead to kind of, okay, going over here, opening this drawer, and, like, maybe we get part of the drawer decluttered, or we take a couple things out of the drawer and then going into the bathroom and getting a few things from under the cabinet out and decluttering those and then maybe getting rid of a toy or two that's broken and you don't get a cohesive feel of progress.

You don't feel like, yes, like, I'm doing this. I am decluttering my house. It's just kind of sporadic. And it has a similar feeling to that workday of like, okay, I checked some emails and I wasn't really sure what to do. And I half started on a bunch of projects and I just ended the day not feeling good.

And I think we've all been there in different things, and I think it's a place that you can end up when trying to declutter. If you're not sure where to start when decluttering.

LEGO ANALOGY

You know, I've gotten into building LEGO sets recently. Like, did you all know there are some pretty awesome, advanced, complicated LEGO sets out there? Like, Legos are not just for little kids anymore everyone, you can build some really cool things.

And I gotta say, like, LEGO does a really good job. It is very orderly. You get your little instruction booklet, and it actually comes in these packs of Legos that are numbered, like 1 to 6 or something.

And so you only open one pack at a time, and they all build on each other. And it, like, perfectly tells you in the instructions every step that you're supposed to take. And that works really well.

And you see your progress and you're like, wow, like, I am going to build... one of the ones I have right now, I haven't started on it yet. It's a poinsettia. Is that how you say that?

Poinsettia, man, nothing like being on a podcast to be like, have I been pronouncing that wrong my entire life? It's okay. You know the red Christmas flower that people get around Christmas time and, you know, put as a table centerpiece or something like that?

I have one of those. And as you start to build it, like, you start with your flower pot, right? And then, oh, like, I can see the little green stems and, like, oh, I can see the flowers. And it evolves into the thing that you're trying to

create.

WE NEED A PLAN

But whenever you don't have a plan, it would be kind of like if I just went to, like, bag three of the Legos and opened up to page, like, 74 and started building that part.

Like, I could probably maybe get there if I just built sporadic parts here and there. But, like, it's going to be a lot harder to turn to random pages in the instruction book and put random bits together and not really have that cohesive feel. And I am not going to feel like I'm making progress in the same way.

All of that to say the same thing can happen with decluttering. We need a plan to work through so that you can know that you are, like, moving from point A to point B and not just spinning your wheels. And also, as you start to see that progress, that is what is super motivating.

IT CAN BE UNCOMFORTABLE

And so let's talk about why it can be hard to know where to start. I think there can be just, like, a vague discomfort around decluttering, maybe a fear or an uncertainty or just feeling, like, overwhelmed or under-qualified to tackle this project of decluttering your house.

And naming why it is uncomfortable can help us move forward and get past those things that are uncomfortable just by knowing what it is that's causing the discomfort.

FEELING OVERWHELMED

So, first of all, let's just acknowledge that, especially if you are trying to tackle your whole

house, if you're just feeling like, there's so much stuff in my house, I need to declutter my house, like, that is a big task.

You know, your house size varies from person to person, but even in a relatively small house, there's probably more than one bedroom. There's probably a kitchen, some sort of living area, a bathroom, probably some sort of storage, you know, maybe some closets, a garage, maybe an attic, maybe a storage shed.

And then it would be very common to have multiple bedrooms or a home office space or like a loft area, like multiple hangout spaces in your home. Like, there's just a lot of spaces to work on.

And then actually, the LA Times, I'm not exactly sure, like, how they did this study or where they got this stat, but they said that the average American home has 300,000 things in it. Like, that's a lot of things.

And if you're thinking about going through all 300,000 things and making a decision about every single one of them, like, it makes sense that that feels overwhelming.

FEELING UNCERTAIN

The other thing is that maybe you've never really decluttered before and doing something new almost always feels uncomfortable and uncertain.

Also, I think it's worth noting that doing something that you have not done for a while can have that same feeling of uncertainty. Just not feeling like you're good at it, not feeling like you're in your groove.

I mean, we recognize this with things like

fitness or things like music. Those are the kinds of things that the more often that you do them, the better you get at them, the more confident you feel at them.

So, like, I'm a runner. That'll probably come up several times in this podcast. I think you'll thoroughly know, like, I love running. I love training for races.

But even I can tell if I haven't been running for a while and I get back to it, sometimes it's like, oh, man. Like, I don't feel like I once did, you know, like a couple months ago when I was really in my groove and I was running every day, I could go knock out a six mile run and it was no problem.

And here I am, like two miles in and I'm feeling cold and I'm feeling tired and I'm wondering when I'm going to be done.

Music is really that way. The more you practice, the more confident you are. Things like that. But if it's been a couple of years since you've sat down at the piano and played, it can feel a little uncertain.

And so just acknowledging that if this is a new thing or something that you haven't done recently, that can just feel uncomfortable, it can feel uncertain. Anytime you are embracing a new skill, it can definitely bring that feeling of uncertainty.

"WHAT IF" QUESTIONS

Also, I think decluttering brings an uncertainty about the future because we are essentially asking, what is my life going to look like without this stuff?

Like, we have become used to our home the

way that it is with the things that are in it. We've never lived in our home without all of the things that are in it. And so what does that look like?

And it brings so many what if questions. You know, what if I get rid of something important? What if I need the thing that I'm getting rid of? What if I cannot replace something? Like, what if I get rid of something and I thought I could replace it, and then I find out that I need it?

Like cords and cables. That one is a big what if? No idea what this cord or cable is to. Never used it before. But, like, what if it's to our water heater?

I've never plugged anything into a water heater. I don't even think you can. But what if it is? And then what if I get rid of it and there's not another cord that I could get that does what it's supposed to do?

You know, like, it sounds silly on a podcast when I say it like that, but that really is the line of thinking. And I get that, because we have never lived without these things in our home. And so. Or at least not recently, you know, they came into our home at some point, and we are used to having all of these things around us.

And so what does life look like without these things? And I think it's just a fear of the unknown. And that is very normal to have.

THERE'S NO RIGHT ANSWER

And I think a last reason that it's hard to know where to start is because there is not a right answer. I remember when I was in school and taking standardized tests, I was actually probably a stronger English student than math student. I mean, I was okay at both of them, but

probably a little bit stronger in English.

But I felt more confident on the math portions of the standardized tests because when it comes to math, like, there is a right and wrong answer, and I can get to the end of a math problem. And tell you pretty certainly whether or not I got it right or not.

I mean, so many math problems, you can literally take your answer, plug it back into the original question and see if it comes out correctly. Like, I walked away way more confident in my math answers than I did in my English answers, even though I had a tendency to score higher on the English portion of the test.

Because with English, it's much more about choosing the best answer. Like, they would even tell us that in school. Like, there might be multiple answers that, like, you could argue that they were right, but, like, which one was the best fit.

And that was more squishy to me. Like, I wasn't really. Like, how do I know? Like, somebody could make a good argument that this other answer is more correct. And so I just felt more uncertain on anything that didn't have an objective right answer.

Same thing when it comes to decluttering, right? Like, this is an English test, not a math test. There is not a correct way to do it. There isn't a right order to do it in. There isn't a certain number of items that you should get rid of or a certain number of items you should have in your house.

And that can be just a barrier, a roadblock to getting started, because there's not a right answer. Like, I am. I don't know. I'm the type of

person who likes to know I'm doing it correctly and there isn't a correct way.

BREAKING IT DOWN

So I kind of want to break down each of those uncertainties, fears, difficulties, like, let's talk through them and hopefully move past them so that we can get started decluttering, have a plan for moving forward so we know what to do next. We can start to build that momentum and really make progress in decluttering our homes.

IT'S ABOUT MAKING PROGRESS

So it is a big task. It simply is. And I think one of the important things here is a mindset shift and to realize that we are not pursuing getting to the end of the decluttering project. This is about making progress.

So I'll let you in on a little secret about decluttering. You are going to be decluttering for the rest of your life.

Now, I do want to assure you that the work you're doing now, it is meaningful. It is going to make a difference. It's going to have a positive impact.

And especially if you're like, I am going through this whole process of trying to declutter my entire house, and I'm taking bags and bags of things out of my house to donation centers. And so much trash. And it's taking hours and hours. And you're telling me I'm going to do it again.

Like, the next time you do it, it's going to be way easier. I'm guaranteeing you that right now.

But we did not get to having 300,000 things

in our house in one day. We did not bring all of them in at once.

Like, things are continually coming in to our house through the mail, through things breaking and us replacing them. Gifts that we've been given. We just, I mean, always, for all sorts of different reasons, good reasons. There are new things coming into our house little by little.

And so decluttering, it is a new life skill that you are learning, that you are taking on. And so approach it that way instead of approaching it as a project that is going to have, like, a definite start and a definite finish.

ADDING A HEALTHY HABIT

I honestly think of it kind of like your health. You know, are you ever done improving your health? Like, do you ever reach, like, peak health? I could not possibly be healthier. I don't need to do anything else to be healthier. Like, I've attained it.

Like, no, to be healthy. I mean, daily movement, daily nourishment, and it's those things day in and day out that lead to having a healthy lifestyle. And you just continue to practice those healthy habits.

And really, that is what we're going for when it comes to decluttering, adding this as one of your healthy habits to your life, and this is now a lifestyle rather than something that is kind of a one and done.

And when you start to view it like this, when you view decluttering as a healthy habit that you're adding to your life, you really can combat some of that discouragement that you're not done yet.

Because that's what we're talking about, right? This is a big task, and that feels overwhelming. And you want to finish it and you feel like you're never going to finish it.

But just realize that every step in the right direction, that is a win. We're not waiting until we're done, until we've, like, checked off every room of the house, including the attic and the boxes and boxes of sentimental photos, and then we can say we've decluttered and then we can say it was a success.

No, every step towards decluttering, every drawer and shelf that you declutter, that is a win. That is progress. That is exercising your decluttering muscle, so to speak, making it stronger, making this a part of your life and just improving.

And so just realize that you do not have to finish the job in order to say, yes, I'm decluttering, yes, this is worthwhile, I am making progress here.

START WITH VISIBLE SPACES

And also we'll touch on this a little bit later. But I would really encourage you to start with visible spaces in your home, spaces that are going to make a difference in your day in and day out life.

I mean, I would never discourage someone at all from decluttering every room in your house, you know, getting to the attic and the storage shed and the garage and places like that.

But if you were to only declutter your kitchen, your wardrobe, maybe like a working space or like a living common area that your family hangs out in, like if those are the only places you ever decluttered, you never touched the

attic, you never touched the linen closet, you never touch under the bed, your life will be so much less stressed.

So like I said, I would never encourage someone and be like, oh, you want to declutter under your bed? Don't do it. You're not going to hear that from me.

But if you only did those visible spaces that you're interacting with every day, you are going to have so much less stress, so much more peace, and it's going to make a difference.

And so just realize, like, everything you do, it's making a difference. Yes, it's a big task, but it's okay. We're looking at it in one day chunks. You do not have to tackle it all today.

GIVE YOURSELF GRACE

Now let's talk about the fact that this might be something that you've either never done before or something you have not done recently. This is so cliché, but it is true. Give yourself grace.

So I started running back in 2019 and from day to day, I would not say that I necessarily see huge improvements in my running.

Now I'll be honest, I'm not like, I'm not the one doing all of the different, like tempo runs and things you're supposed to do to, like, I'm not measuring things for improvement.

But like I can look at my running log and be like, whoa, like my average pace, just of me going out the door and running, like it's actually gotten faster without me trying, without me like doing any specific coaching, like, it just has improved because I have been running.

BUILDING THE DECLUTTERING MUSCLE

That is the same thing when it comes to decluttering. It is so much like a muscle. And so from day to day, you may or may not see progress.

I mean, there were days that I had really good runs, they felt really good, or I had my fastest mile that I'd ever run.

Like, you have those wins with decluttering when you're like, oh, wow, look, like, I decluttered this whole closet.

But as we're adapting this as, like, a healthy habit for our lifestyle, it is the type of thing also that you'll look back and say, like, oh, wow. Like, I have made a lot of decluttering progress. I have kept it decluttered.

And so give yourself grace as you enter into this journey and don't expect that day one is going to be the best you're ever gonna be at it. It's something that you can build that muscle up, get stronger, and do better and better as time goes on.

Also, I just wanna assure you, you can do this. You absolutely can. You can declutter. You can get your home more organized.

DECLUTTER THE OBVIOUS ITEMS

Even if this is something that you feel like doesn't come naturally to you, or if decluttering gives you anxiety, like, you can get rid of things in your home that are not serving you.

I mean, just starting with the things that are obvious. They're obvious trash. They're obvious things that you don't want. Get rid of those things. You know, don't even, don't even worry

about the things that are stressing you out.

Even if you leave every other thing in your home, other than the things that are, like, broken and clearly trash and an envelope that something came in, you are still making progress and you are still strengthening that muscle that says that you can declutter things.

There are a lot of times when I have gone through decluttering my space, and as I'm going, I come across something and I literally think to myself, I am probably going to declutter this someday.

DON'T FEEL PRESSURE

Like, I, I almost, like, feel it inside of me. I'm like, I kind of want to get rid of this, but I just don't feel ready to on that particular day for whatever reason. And so that is okay. I leave those things.

I have left many things in my home where I have thought to myself, this is probably going to go eventually. And you know what? A lot of those things did go eventually, but that is totally okay.

Don't feel pressure that your decluttering journey has to look any specific way. It is okay to declutter what feels comfortable for you.

And then, like I said, this is a lifestyle. And so you'll come back and declutter more in the future as you start to make this a habit and maybe on that day you'll feel differently and decide to get rid of that thing, and that is totally fine.

MAKE FAST DECISIONS

And one more thing I would say about this being something that maybe you haven't done

much before or maybe something that you haven't done in a while is make fast decisions.

If you're feeling overwhelmed, if you're feeling uncertain and stressed about what to keep and what to get rid of, listen to your gut.

And if you hold something up and you're like, that is definitely something I want to trash, that is definitely something I can donate. Great, put it in the trash. Put it in the donate pile.

When you come to something and you're like, oh, maybe. Maybe I should get rid of it. Maybe I should keep it. I could have a long internal debate with myself about which I should do.

Keep it. Put it in the keep pile and make those fast decisions so that you get that momentum of decluttering.

And remember, you can always come back and do another pass later. You can do it tonight. You can do it in six months. It doesn't matter which one.

But I would encourage you, if you're feeling apprehensive, make fast decisions. Do not get hung up on the details. Get rid of the things that are obvious that you can get rid of and start making that progress and then see how you feel.

So another thing that we mentioned at the beginning, fear of the unknown, fear of what it's going to be like to live without these things.

THINGS YOU MIGHT USE "SOMEDAY"

And this is another decluttering secret. And I realize I'm kind of speaking for other people here, but I'm pretty sure that it's accurate to say that everyone has some things in their

home that they think that they might want to use someday.

You know, a thing where they're not using it today. Maybe they haven't even used it for a while, but they're holding onto it because they're like, no.

Like, I really do think I'm going to wear that sweater when it's winter. I really do think that I'm going to have that party and use that platter. I really think that, whatever the thing is, I'm going to use this office supply. I don't use a stapler very often, but I really think there's going to be a day where I need a stapler.

What those things are, they're different for everyone. But, like, even the people that you're watching on YouTube or listening to podcasts from who are super decluttered, like, everyone has some things in their home that they're keeping because they think that they might need it someday.

And so I want to assure you that thinking that you might use something someday, it is not a bad thing. It does not, like, it's not something that should set off alarm bells that you're like, oh, well, like, I think I might want to use this.

Like, that doesn't automatically mean, like, oh, nope, you're not using it today. You need to get rid of it. Like, that's really not how this works.

BE REALISTIC

What we have to do is train ourselves to be realistic and realize that we are not going to use every single thing that we have someday.

But you know what? If you have a nice fall platter and you're like, I just, I really think that I will use this. I, you know, we go to fall pitch ins

or potlucks, and I love this platter. And I would just, I would really get joy out of using this.

Like, it's okay to hold on to some things. So don't feel like you are being forced into getting rid of anything. Like I said before, we're making those fast decisions and getting rid of the things that are just obvious. Yes, let's get rid of that.

HAVE A PEACE BUDGET

Also, I would say to give yourself a peace budget. And so what that is is setting some dollar amount. It can be \$5. It could be \$20 or \$50. Like, what is the number that you are honestly okay with spending if you have to replace something?

You know, we all have those things. Maybe you come across a open pack of straws, and nobody has used a plastic straw in your house in the last seven years, and you didn't even know that you had them.

Like, are you okay with going to the store and spending, what is it, \$2 on a pack of straws? If for some reason you end up in a circumstance and you're like, you know what I would really like right now is a straw.

Like, are you okay with that? It's not that you have a plan to use a straw anytime soon, but it's answering that fear of the unknown. You know, am I okay with spending \$5? Am I okay with spending \$20?

You know, I don't think I'm going to need this thing. But if some unexpected situation comes up and it's like, oh, we really do need that. What is your peace budget? What amount are you okay with spending?

Because you want to be decluttered. You want to have less things in your home. And so that means we're going to get rid of some things that, like, you could come up with a situation in which someone might want to use it.

But at what number is it okay that if you really need it, you would not even bat an eye and you would be okay with spending that amount of money on that?

It's kind of the rule. If I can easily replace it in 20 minutes for \$20, then I can probably get rid of it if I'm thinking that it's unlikely that I'm going to need it.

CREATE A MAYBE PILE

And then the last thing I would say about fear of the unknown, fear of living without these things, is create what I would call a maybe pile.

This is something I love to do when decluttering because it really lets you live in your space without all of the stuff, without making the long term commitment that you're getting rid of something.

So this works really well for clothing. If you're going through your closet and you're like, ah, you know, I really, I haven't worn this sweater in a long time. I'm thinking I probably don't want or need it anymore.

I have a pile. It's in the corner of a closet in our guest bedroom. And that's where I throw things that I'm like, I probably want to get rid of this. And it gets it out of my closet.

Or maybe it's a kitchen gadget or something out of an office or a book or something. Whatever it is, get it out of your space and just leave it in a pile, out of sight, out of mind for a

while.

And I personally, I don't have a set time. You could, you could do a set time. You could say, if I don't come for it in three months or six months or one year, then I'm getting rid of it.

I don't give myself a set time. It just kind of lets me live without that item for a little while. It gives me some confidence to get rid of it.

And yes, I have gone back to that maybe pile before and been like, just kidding, decided I wanted that thing after all. I thought I didn't use it. And here's the circumstance where yes, I am going to use it right now. And that lets me know that I use that thing and that's totally fine.

And there's a lot of things I put there that after they've been out of my closet for three months, six months, I'm a lot more comfortable with saying, okay, like I'm good with getting rid of it. I have not wanted to come back for this in the last six months. I'm probably going to be okay without it. So a maybe pile can be really helpful.

THERE'S NO RIGHT ANSWER

Now, let's address the last concern, which I think is one of the trickiest, and that is the fact that there is not a right answer when it comes to decluttering.

So there's like, two types of people in the world, right? So there's the people who would say, oh, great, like, if there's not a right answer, then you cannot lose.

Unfortunately, I am not one of those kinds of people. I am the kind of person who says, oh, no, there's not a right answer. I cannot know if I did it correctly. Like, I, I'm in a no win situation

because there's not a right answer. There's no way to win.

And maybe if you are a little bit like me and you want to do it the right way first, let me tell you, you're not alone. I resonate with that so much. But I do think it's important that we speak truth to ourselves.

We, you know, our, let our mental narrative be stronger than that, like, gut reaction of like, oh, no, I want an answer.

And to tell yourself, you cannot declutter incorrectly. There's not a wrong way to do this. You can't do it wrong. You can't go in the wrong order. You can't declutter the wrong number of things. You cannot declutter incorrectly.

Any decluttering that you do, any space that you decide to declutter, any amount that you get rid of, it is good. It is progress, and it counts.

And I think it's just kind of training ourselves that, hey, the people who say that you can't lose, they're actually right in this situation, you can't lose whichever order that you go in.

Now, that said, I talked at the beginning. It's really helpful to have a plan of where you're going. Like, having a plan is what makes you be able to move from one thing to the next without spinning your wheels.

STRATEGIES

And so let's talk about some strategies for how. How do you know? Like, you got to start somewhere, right?

Like, you can tell yourself all day long, it doesn't matter. I can start anywhere. But, like, okay,

where should you start?

And I mean, I could, you know, I could just be like, start in your kitchen. It's where everyone's going to see the most often. And that's fine.

Like, if that's what you want to do, if you just need someone to say, start in this room, start in your kitchen. It's where you and your family are likely spending a lot of time. And so start there.

But as you kind of think through, if you want to choose a space for yourself of where to start, here are some guidelines that you can follow.

A SPACE YOU FEEL EXCITED ABOUT

So first, is there a space that you feel excited about decluttering or drawn to decluttering? Maybe consider starting there. Like, is there something that motivated you to get decluttered?

Like, did you see somebody's office and you thought, man, if my office looked like that, I think that my workday would be so much less stressed.

DON'T DECLUTTER FROM FEAR

Is there somewhere that you just feel pulled to declutter? Now, I want to give a caveat here. This is different than somewhere that you feel drawn to in fear.

So I think there is also places where we're like, oh, no, I know that there are bins and bins of baby stuff in the attic that have been there for 27 years. And I really am stressed out about having to declutter those things. And so I'm feeling this pull that I need to start there.

Like, that is a different kind of pull. That's not a pull of excitement. That's not a pull that, oh, man, I am going to feel just rejuvenated and energized by decluttering this.

Like, that's a pull of guilt and fear. And I would say that is probably not the impulse that we want to listen to, but listening to those impulses that make us excited, that make us say, like, oh, I'm excited to start on this, that might give you an indicator of where you might want to start.

SPACES YOU USE DAILY

Also, I said it earlier, but start with visible spaces. Start with spaces that you use every single day because this lets you start to live with the progress that you're making. And that is incredibly motivating.

So somewhere that you can see, somewhere that you're interacting with every single day, not the back closet that you really don't go into that often, but somewhere you can actually see.

START WITH YOUR STUFF

Also, I would really encourage you. This may, you know, some of you may be like, well, yes, of course. But start with a place that primarily has your stuff.

If you try to declutter somewhere that has a lot of other people's stuff mixed in, it's going to be pretty frustrating if there's a lot of things that you just don't have the option to make the decision about.

And so that is a reason that maybe somewhere like your closet or your, if you have a makeup drawer or a toiletries drawer or like something

in the bathroom, you know, like where your bathroom stuff is.

Starting with decluttering your stuff, because you have complete control and power to make those decisions. And nobody's going to be disagreeing with you.

You know, at least in my house, if I'm like, you know what? I don't really like this hand cream. I'm going to get rid of it. Like, my spouse does not care if I get rid of the hand cream.

You know, there's no discussion there. Nobody's going to be disappointed or upset or say, hey, I wanted that. And so starting with your stuff.

START SMALL

Also, definitely start small. I will tell you that I am very much an all at once kind of person. So when it comes to decluttering, there's kind of two different trains of thought. Either one of them is fine.

The one person says, I want to take everything out of the space and then put it back. And I want to do this as a big project. And I'm going to spend three hours decluttering and I'm going to go from start to finish.

That's great. That's what I would call an all or nothing person. That is me, hands down.

The other person says, nope, that overwhelms me. I'm going to do a little bit at a time. Like, I'm going to do one shelf at a time or one item at a time. I do not want to take all of it out at once. And that is totally fine as well.

But for those of you who are like me and you are a little bit more of the all or nothing, and you're like, yes, I'm feeling motivated. Let's go

declutter the entire kitchen. I'm so ready.

Start smaller than you think that you need to. You don't want to get into a situation where you are more overwhelmed and feel like you can't finish.

And I've done a lot of decluttering and organizing. I mean, I work for Get Organized HQ. I've made a lot of organizing videos, and I have overwhelmed myself trying to do too much, especially in the kitchen. I have tried to do my entire kitchen at once, and that is really overwhelming.

STARTING IN THE KITCHEN

So I know I said earlier, like, if you just need a random recommendation, start in the kitchen. But start with one cabinet in the kitchen or one shelf in the kitchen. Don't take everything out of the kitchen all at the same time.

BUILD OUT FROM YOUR STARTING POINT

And then wherever it is that you start, whether there's somewhere you're excited about starting, somewhere that you just, you use that space a lot and you feel like this is really going to make a big difference on my life if I start here. Build out from your starting point.

So if you start in the kitchen with one kitchen cabinet. Do the cabinet next to it. If you start in your bathroom, maybe go to your closet or your bedroom, just build out and kind of almost like it's a ripple effect of the decluttering spreading through your house.

And so build out from your starting point and just keep going to the next space as you have time and opportunity and energy.

FIND A COMMUNITY

So there is no doubt that decluttering and starting a decluttering journey can be a really daunting task. And the last thing that I would recommend is trying to find a community.

It can be an online community, it can be a friend that you text, just some sort of support system that can celebrate with you as you declutter.

You can lean on the community around Get Organized HQ. You know, send us an email, let us know what you're going to be decluttering.

But just finding a voice that is going to celebrate those wins with you, that is going to understand why you're going on this journey, why it is important, and why it is worth celebrating.

Even if you have a friend in your life who maybe they're already super decluttered or maybe they don't want to declutter, can they support you in that?

Can you say, hey, like, I just need to let you know that I'm going to be decluttering and do you mind if I shoot you a couple of texts and say, hey, I decluttered 12 pairs of socks today. I'm super excited and just like, let them send you the confetti emoji back.

You know, it doesn't have to be a big dramatic thing, but finding someone to go along on that journey with you, it can be really motivating and helpful.

CELEBRATE

And so share your successes. Celebrate your successes. Get started. Know that you cannot

do it wrong. Do a little at a time.

Do what motivates you, do what you're most excited about, and know that this is something that you are integrating into your life as a healthy habit. It's not something that you have to wait until you're done in order to celebrate it.

And try to let go of those what if questions and start making progress. Start celebrating those wins and building that momentum so that you can get started decluttering. And before you know it, you're going to be past the starting point and well into your decluttering journey.

So I am so excited for you to have less stress and more peace by living a more decluttered life. Thank you so much for tuning in to this episode of the Get Organized HQ podcast. We will see you next time.