



TRANSCRIPT

Episode 13: Things I Don't Do When Decluttering

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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.

CONFESSION TIME

Well, today I'm going to be sharing a few things that I do not do when decluttering. And I'm actually going to be confessing that I sometimes do not even follow my own decluttering advice. So why would I be giving decluttering advice if I don't personally follow it? Well, you'll find out later on in this episode.

BLINDLY DONATING

I'm going to dive right in to one of the first things that I don't do when I'm decluttering, and that is that I do not make myself declutter maybe items without looking through them again.

Okay, so what do I mean by that? So you've probably heard us talk about creating a maybe pile before. If you haven't, a maybe pile is simply an area in your home. For me, it is the corner of the guest room closet, and that is where I put anything that I'm thinking, yes, I want to donate this.

Actually, that is essentially my home's donate bin. Anything that I want to donate, it goes

there in that pile. But I also put things there when I'm working through decluttering a space. And I'm thinking, you know, I'm not sure that I still want this top or this kitchen gadget.

And it goes there and I'll leave it there for months. And I've heard it said before that if you've left something out of sight, out of mind for like six months, you don't even know that it's there. Don't even look at what's in that pile. Just load it all into your car and take it to your donation center.

SOURCE OF ANXIETY

And that causes a lot of anxiety for me. For some reason. I think one of the most anxiety inducing parts of decluttering for me is that trip to the donation center. And I've done it so many times in my life. You know, I should be pretty used to this.

You drive up, you get out of your car, you've got your box or your trash bag or whatever it is you're donating in, and you pull your donations out, and my mind just starts going, what if, what if, what if, what if there's something in there that I didn't mean to put in there? What if I'm getting rid of something that I actually need to keep like, that is the moment of anxiety for me personally.

And so it actually really helps to ease my anxiety if before I declutter, like, officially get it out of my house before I donate, I guess I

should say if I go back through that pile again.

So the trash, that one doesn't stress me out so much. I'm not going to put something in a trash bag if it's not truly trash, right? So wrappers, papers, broken things, things that I couldn't even donate because absolutely nobody wants it, that one's easier.

But the decluttered things, the donated things that could still be used, I find it gives me personally a lot of peace of mind to sit down and go through item by item.

SOME THINGS STAY IN THE MAYBE PILE

Now I'm doing a quick pass through. Okay, I am not sitting down and spending three hours analyzing over each thing that I've put into my maybe pile, deciding whether or not I should keep it or donate it.

And here is the key. If I'm going through the pile and I come across something and I have that, like, oh, I don't know, I don't know if I can actually donate that. It stays in the maybe pile.

My declutter maybe donation pile, it's out of sight, out of mind. And so I have things in that maybe pile that have been sitting there probably for years now because I'm just not quite ready to get rid of them.

There's a couple of decor pieces that I'm just like, you know, I could maybe see us doing a little bit of redecorating in the future and using these. I love these pieces. They just don't currently fit in our home. And so they stay right there. And that is totally okay.

KNOW WHAT YOU CAN HANDLE

And something I think you're going to hear

me come back to over and over again in these things that I don't do when I'm decluttering. It is okay to keep things that are not necessarily essential as long as they are not overwhelming you and your space. Okay? So you have to know what you personally can handle and also what your space can easily handle and manage.

But if you have some things in your space that you couldn't necessarily say are definitely serving a purpose or sparking joy or something that you definitely would go out and purchase again, it's okay if you have the space for those things in a certain spot and it's not causing you stress, it's okay to keep those things.

So one of the surprising things I don't do in decluttering is I don't just blindly donate a pile of stuff. I do a quick pass through to make sure that I'm okay with what I'm donating. And it gives me so much more peace of mind. Because even when I've done that, as I'm pulling up to the donation center, I get that jolt of, oh, no, what if I donate the wrong thing?

But I can remind myself, it's fine. I've looked through all of this. I don't need any of it. And honestly, for my personality at least, it works pretty well. Because I want to get rid of these things. I'm already living in a home with these things not being something I interact with in my daily life.

So if I've put a stack of T-shirts there, they haven't been in my T-shirt drawer for the last three months. And I don't have much desire to go stuff my T-shirt drawer again with these shirts that I've mostly forgotten about.

DON'T STOP DOING WHAT WORKS

So all of these things that I'm going to share today, it depends on you and your personality.

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And if you hear me share something that I'm saying that I'm not doing, but you're like, oh, that is really working well for me. Don't stop doing what's working.

I just wanted to share a few, maybe slightly unconventional ways that I personally declutter so that if you are trying all the conventional wisdom and it's not really working for you, and you know, you've tried to take the whole box of things to the donation center and it was really hard and stressful, I don't always do it that way.

And so I just wanted to share some things like that today so that you can know you are not alone. Everyone is unique in their decluttering journey and everyone's going to do it a little bit differently.

And there might be conventional wisdom that works for 70, 80% of people. And it is totally okay to be in the 20-30% that says that particular piece of advice doesn't really work for me in my current situation. Nobody's right or wrong. It just means that everyone is unique and different.

HAVING A ONE AND DONE MENTALITY

Another thing that I don't do when I'm decluttering is I do not have a one and done mentality to decluttering. The way that I always say this decluttering is iterative. It is something that you are going to come back to over and over again.

So anytime that I'm decluttering a space, I'm never thinking, this is the last time that I'm decluttering this space. I'm never coming back here again, if this space gets cluttered again, I've failed because this is my last time to declutter.

ANTICIPATE DECLUTTERING AGAIN

That thought is not in my mind. I am decluttering it for right now, for this year or this season of life, and I fully anticipate coming back and decluttering it again. Now, as you declutter more and more, sometimes you might find that you're doing fewer decluttering sessions and you have more of a decluttering lifestyle.

So I don't necessarily sit down every single season and declutter my clothing. Now, sometimes I do. Sometimes when I'm switching out seasonal clothing, I will give a little bit of a harder look at each thing that I'm pulling out and decide if I want to keep it.

But sometimes it's just a matter of I'm used to decluttering. I try something on, it doesn't really fit or it has a hole or it has a stain, it's not really working. It goes straight into that decluttering pile. And so I am not anticipating that I'm never going to declutter again when I finish this decluttering session.

FREEDOM TO HOLD ON TO SOME THINGS

Here is why that's such a game changer for me. It means that I know that I'm going to be back in that space decluttering in the future.

And that is actually a comfort to me because if I come across an item and I'm thinking, I'd like to get rid of this item, I don't think that I really need it, but I have some hesitations and I don't quite feel ready to part with it. If I know that I'm going to come back to the space, even if it's a year or two years later, it gives me the freedom to hold on to things that I'm not sure about.

I have put things back away in my home before, thinking, you know what? The next time I come

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through and declutter this space, I bet you that thing is going to go and I'm okay with that. And it gives me the freedom to say, this is probably not going to stay forever, but I'm going to allow myself to stay within my comfort zone and keep some of the items that I'm not quite feeling ready to part with and I'll be back decluttering again later. I can part with it then.

HAVING NO REGRETS

Now, speaking of parting with items that you're not too sure about, I do not always perfectly declutter. And what I mean by that is there are things that I have decluttered that I have actually regretted decluttering.

So two specifics that I can think of. When my husband and I got married, on our wedding registry, we registered for a few board games. Not a ton, but just a couple. And I'm trying to even remember. I think it was called Parks. I don't think it was Trekking the National Parks.

I think it was just called Parks. And I'd heard of this game. Maybe it was one of those games that had won some of those awards for really good board games. So we registered for it, and we got it for our wedding. And, I mean, probably a couple of years after we got married, it was like, you know, we have this game sitting in our game closet.

We've never played it. We pulled it out. Oh, my. Could not for the life of us figure out how to play this game. We pulled up a video on YouTube, and it was one of those, like, it's a very themed game. Okay, so you have, like, a campfire that you're supposed to extinguish, and that means something.

But the person explaining the game on the YouTube video, they were pretty much just

using all the, like, language and talk of the game, and they're like, oh, yes, I'm going to move my hiker to this location, and then I'm going to extinguish my campfire. And I'm like, what does that mean?

What does extinguishing a campfire actually do? I see that you have flipped over your card, and now there's no fire emblem on it. And we could not figure it out. It was so frustrating. And I was like, look, I am not keeping a game that we cannot figure out how to play in our game cabinet.

Like, we're never going to pull this out again because we don't have a clue how to play it. That video made no sense. I put it in the donate pile, and I did. I took it to the donation center and I donated it. Well, wouldn't you know that a couple months after I donated this game, I was talking to my mom on the phone, and she was like, Tasha, we learned the best game the other night. It's called Parks.

And I was like, you have got to be kidding me. Because we got rid of that game because we could not figure out how to play it. And I have since played it with other people. It is a super fun game. I now understand what it means to extinguish a campfire and how to play this game.

WE WOULD HAVE KEPT IT

And so, yeah, I totally, in hindsight, would have kept that game. But here's the thing, sure, I would have kept it. I really don't feel great guilt or pain over the fact that I didn't keep it because especially with something like a board game, you don't play board games all that often.

And we have multiple friends and family

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members who own that game. And so my parents own the game. Now I can go and hang out with my parents and we can have a game night together and play that game. I have some other friends who have that game and I can go play it with them. And also, if we ever just really got on a kick and that became our favorite game on planet Earth, I would buy the game.

Again, it's not all that expensive of a game. It's not a huge deal. You know, it's not like trying to replace my wedding ring or something like that. And so it really isn't a big deal. If anything, it's just a funny story. Especially because since I've lived and breathed decluttering with Get Organized HQ, I think my husband thinks I might be a little over ambitious about decluttering sometimes. And yep, I decluttered the game that we totally would have kept and played.

But I'm sharing that story to tell you, I'm not a perfect decision maker when it comes to decluttering. I have done the thing where I got rid of something where it was like, oh, I actually would use that now, but it really wasn't a big deal and I don't even regret getting rid of it, even though I would have made a different decision now. It doesn't mean that I made the wrong decision then or that I regret it.

SALAD SPINNER EXAMPLE

Another thing that I got rid of, I was given a salad spinner. I'm pretty sure I was given it. Maybe I bought the first one, but I'm pretty sure I was given a salad spinner several years ago. And, like, we just didn't eat that much salad, okay?

And I got rid of it because that thing is massive. Do you own a salad spinner? It takes up half the cabinet that it sits in. Well, then we started

eating more salads, believe it or not. And it's really hard to dry out your lettuce if you don't have a salad spinner.

BOUGHT ANOTHER ONE

I bought another one. I don't even know how much salad spinners cost. Maybe it cost \$20. And no, I don't want to do that for every single item in my home. You know, I am not going to get rid of my plates and buy more plates. I don't want to get rid of my refrigerator and buy another refrigerator, get rid of the printer and buy another printer.

But for one item here and there, that it turned out, you know, we were in a season of not using it, and now we're in a season where that would be useful. Sure. In hindsight, if I'd kept the original salad spinner, we would have saved ourselves \$20, and that would be great, don't get me wrong. But it was not a huge deal or crisis that we had to buy another salad spinner.

And also, if I hadn't bought it, we would have figured something out. I mean, you can do some things to partially dry off your lettuce, even if you don't have a salad spinner. Right. I don't even know when salad spinners were invented, but I bet you anything they were invented after salads were being eaten. So I share those stories to say that I have made the decluttering mistakes and it is okay.

LOOK AT THE BIG PICTURE

And so don't become paralyzed by fear of decluttering the wrong thing, because probably if you declutter enough things, yeah, there's something that you would've eventually ended up using later. But it's not as big of a deal as it feels like it's going to be in the moment when you're decluttering it.

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And it's going to not be the majority of the things that you declutter. 90-95% of what you declutter, you're not going to care. I just gave you an example of one game and one kitchen gadget. Do you know how many more things than that I have decluttered? That is such a small percentage.

And I'm really grateful that I went through all of those processes of decluttering, because if I was given the choice right now that I could have back in my home, every single thing that I've ever decluttered. So that would include that game, it would include the original salad spinner, but it would also include hundreds of other items that we aren't using or loving, and it would make our home feel a lot more cramped and cluttered.

I would so much rather not have the game, have to rebuy the salad spinner and have all of those items that I've decluttered gone. Because if you live by a what if principle, you have to keep everything. There isn't really an answer to the what if. Yep. If we get rid of something, there is a chance out there that for some reason or other, you'll want that item again.

But for most of those items, you will not want it or need it again. And in the two examples I gave you, one of them we did rebuy it, and one of them we didn't. And it was really totally okay. So don't let that paralyze you and keep you from donating items when you're just concerned that you might need them someday.

NOT SELLING DECLUTTERED ITEMS

Now, another thing I don't do when it comes to decluttering is I don't make myself donate every single item. I actually do sell some things on my Poshmark. Now, I have not been as

active on Poshmark the last couple of months, but my husband, for example, he had a couple pair of Lululemon pants that we were going to declutter.

Do you know how much a brand new pair of Lululemon pants is? They're like 100, I don't know, \$120, \$140? Those are not cheap pants. But we were ready to declutter these pants. One of them even had a very small stain on it.

And I already had a Poshmark account set up. And so I took pictures of these pants and I listed them on Poshmark. And even the one that had a stain, I don't know, I probably sold it for \$20 or \$30. I mean, I featured the stain in the pictures. I was like, look, this is used, has a stain on it. But people are willing to buy those things.

GENERALLY IT'S THE BEST ADVICE

And so I do sell some things. I do not just take everything to a donation center. And that is one of the places where you might find me in other places encouraging people, hey, don't sell your stuff. Just get it out of your home. And that is because I think that in a majority of cases, that is probably the best advice.

If you don't already have a Poshmark or an ebay store or something along those lines set up. If this is brand new to you, if you haven't been selling on Facebook Marketplace, then probably it's best to just get the things out of your home because you do not want to hold on to clutter, hoping that you're going to sell it someday.

BE SELECTIVE ABOUT WHAT YOU SELL

Also, I don't sell very many items. I have taken tons and tons of items to a donation center instead of selling them. I am pretty selective

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about what I choose to sell, but I do sell a few things. And so if you already have something set up where it's easy for you to sell it, or if you have something that's a little bit of a higher ticket item.

When we moved into this house, there was some furniture from our apartment that we didn't need anymore. We ended up replacing our couch and I think we had like a bar top table in our apartment. We didn't have a lot of counter space in that apartment, so we had gotten like a pretty high table. It gave me essentially more counter space, which was perfect for our apartment.

It was a pretty cheap table, like \$200 maybe. I don't even know. We were actually gifted it when we got married, which was really awesome. But once we came here, I have an island. I don't need a bar height table. I have a built into my house island. And so I couldn't even tell you. I probably made 30, 40 bucks on the bar top table with two bar stools.

And that was great. And it got it out of my space. Somebody came and picked it up. But it is a hassle and it actually kind of stresses me out to Facebook Marketplace stuff because, I don't know, you just have to interact with strangers and most of them are totally great and nice people.

But for some reason it kind of freaks me out to have to meet up with people that I don't know. And so you kind of have to weigh that for yourself.

HOW MUCH CAN YOU GET FOR IT?

And a big thing to consider is how much can you actually get for it? And I've heard it thrown out there. I'm not sure what the number is, but

that people generally overestimate the value of their stuff.

Like I said, I can't remember the exact stat of like how much people overestimate their own stuff, but we look at something that we have purchased and we think I bought that for \$75. So if I sold it to someone for \$60, that would be such a deal.

But really, like, if I bought it for \$75 and it's a used item, I'm pretty happy if I'm getting like \$15 for it. And so those are some of the things to consider when it comes to selling your items. That you're probably not going to make a killing on what it is that you're selling.

But for me, if I can make \$15, \$20, it depends on the mood that I'm in. If I'm already listing a bunch of other stuff on Poshmark and there's something else that I'm like, you know, I bet I could make 10 bucks on this. I'll throw it in there. I'm already going through the process of listing those things. But if I have to just list one item for \$10, that's probably not worth it. It's probably just going to the donation center.

LARGER ITEMS

And one other thing I will say about selling items. So some of the bigger things, pieces of furniture, we've sold a couch, we've sold a table, Those, they're going to have to get out of your house one way or the other. And they're kind of already there.

Typically when you're getting rid of those items, I don't know, it's just a bigger process. And so those in general, if you can sell them, it's actually kind of a service to you because somebody comes and picks it up.

SMALL ITEMS & ELECTRONICS

But with smaller things like clothing, especially electronics as well, I would recommend having a defined area where you're keeping the items that you're selling. I have one very small bin. I mean, it is probably a 10 by 12 by 6 to 8 or so. You know, it's a pretty, it's like a large shoebox essentially.

And that is where I fold up and keep the things that I'm selling on poshmark. And it can hold several things. I sometimes have 10 things listed on my poshmark at a time, but that's all. I'm not selling every single thing that we have.

I'll go through there occasionally and see if there's anything I want to take off my poshmark because it's just not selling, but it keeps it confined. So I don't have a whole room of things that I'm waiting to sell before I can declutter them. I just have one bin holding all the things that I'm trying to sell.

And so that, that's another area where, like we talked about at the beginning, it's okay to hold on to some things for a while, as long as they're not overwhelming your space.

DONATING "JUST IN CASE" ITEMS & GIFTS

Now, another thing I don't do when decluttering is I do not automatically get rid of everything that qualifies as a just in case item or that I was just gifted. So there are some things in my house that, yeah, I probably wouldn't have purchased them myself, but they were gifted to me and I'm still holding on to them for the time being.

And this really ties into that idea of this depends on, on your space and when it comes

to just in case items, things that you think you might use in the future or things that you were gifted that you're like, well, kind of feel like I should hold onto it, you know. Like, I have this very interesting blue goose figurine out by my washing machine that I was gifted from my grandma.

She like really wanted me to have this goose. I think it holds some, like, wooden kitchen utensils in the back. Like, it's an interesting thing. And she really wanted me to have this goose. And I have another memento from my grandma. So, like, this is not, like, the only thing that I have from her, but she wanted me to have this.

And, yeah, I've held onto it because I told her I would take it. I'm probably not going to hold onto it forever, but it's not hurting anything out there sitting on the little shelf above my washing machine. So I hold on to some of those things. I hold on to some things that I might use in the future.

I told you earlier about the decor that I have in that closet that's a just in case item. I really do like that decor. And just in case I end up with a place to redecorate and I can use some of that decor, great. I'll be glad that I have it. But the key is not everything in your home can be kept just in case or just because it was a gift.

MODERATION & BALANCE

And so, honestly, it's like so many things, the true answer is moderation and balance. And moderation and balance are actually way harder to find.

Sometimes it would almost be easier if someone would come in and say, every single thing you've ever been gifted that you don't

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want, it goes. Every single thing in your house that you don't have a specific purpose for, it goes.

But the truth is often in the middle. And so moderation saying, can my space support the number of items that are in it? If not, then we may need to let go of a few more gifts. We may need to let go of a few more just in case items. But I don't get rid of every single thing that isn't immediately serving a purpose.

SKIPPING DECLUTTERING THE PANTRY

Now, another thing that I don't do, this is actually a place that I don't see skipped when decluttering. And I think this place is pretty often overlooked. We do lots of kitchen decluttering, right? I don't skip decluttering my pantry. This is something that I started doing, probably, three or four years ago, and it makes a huge difference.

So I love my kitchen, okay? I was super, super blessed when we moved into this house. There was some remodeling that we needed to do, and it ended up resulting in us reconfiguring the whole kitchen. And I got to have so much say in the design of my kitchen, and I love my kitchen, but I have very few upper cabinets, and I'm not even sure that I would do it differently.

I'm not sure how I would have done it differently. It's kind of the way that the windows and the doors and everything is laid out. There just isn't a lot of room for upper cabinet space. And did you know that upper cabinet space is prime real estate for food storage? Because I don't have a walk in pantry or anything like that. I just have my kitchen cabinets.

And so I don't have tons of easily accessible food storage space. So I've got the cabinet

space. But like, who really wants to set their canned green beans on a base cabinet under their island? Those are not super easy to get to when they're all stacked up underneath an island cabinet.

DEALING WITH OPEN FOOD

And so I definitely declutter my food. I do. I go through and I look for food that we are not eating or using. So the first thing that I would say, if you have open food that you are not eating, first of all, sometimes it's moving it to the front that has made a big difference for me before.

We might have tons of different snack foods and I just don't even realize that we have like an open thing of cheese crackers over here and an open thing of beef jerky over here and an open thing of mixed nuts over here and some muffins over here and some cookies over there.

And if you gather them all together and put them front and center where it's easy for everyone to grab them, it is amazing how quickly those things will be eaten up.

OPEN FOOD NO ONE WILL EAT

But sometimes I get in the pantry and it's like, oh yes, the pancake mix that I thought was going to be great. You know, the cinnamon roll flavored pancake mix or whatever it is that you got it and you tried it and it was really bad and nobody liked it and nobody ever wants to eat it again.

But it's already open. If it is going to sit in your pantry until it spoils, it is better to get it out of your pantry now.

And I get it. Nobody wants to waste food. And if

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there is someone that you could give it to who could get good use out of it, absolutely do that. And I'm going to talk about unopened food in a minute. There are some amazing things you can do with decluttering unopened, non perishable food.

But I do want to address the fact that, yes, there are times in my own pantry I can speak for myself. And I am assuming I am not alone here. There are things that I have bought that we did not enjoy, that we were not eating, that even if I pulled them to the front, we were going to reach around them. And I was honestly just waiting for those things to spoil so that I could feel less bad about throwing them away.

GET RID OF IT NOW

And if that is the situation that you are in with something in your pantry, get rid of it now. That is what I want to encourage you to do. Go ahead and get rid of it now. Don't wait for it to spoil. Because, first of all, waiting for it to spoil now, a lot of things, they spoil and they're okay, but some things don't.

Some things could start to mold and get that mold onto other good food in your pantry that you actually want to eat, and it can cause more problems, and you don't want it to get shoved to the back of the pantry until it's just so old and it's taken up all of this space for all of this time, honestly, just because you didn't want to eat it, but you felt bad to get rid of it until such time as it was no longer safe to eat it.

MISTAKE BUYS

Does that make sense? So I'm here to tell you, if you're in that situation with something in your pantry and you're just like, I cannot get anyone in this house to eat this. And it was just

a mistake buy. We've all had them. We have all had the mistake buys.

And honestly, there are just some foods out there that they look really good. It sounds like a great idea, and you try it. And no, like, for whatever reason, no, that was not a winner. This should not have been created as a food. And it is okay to go ahead and get rid of those items.

DEALING WITH UNOPENED FOOD

Now, if you have unopened food that you're not eating. So you went to Costco and you got a bulk thing of canned, who knows what canned pineapple.

You were really on a kick of eating canned pineapple. And then we all have that happen in our family, right, where everyone in the family is eating something, and then we get a ton of it, and then all of a sudden, it's like, nobody's eating this anymore. I have 17 cans of pineapple because we were eating like, one a day, and I can't get anyone to eat it.

And what am I going to do with all these cans of pineapple? That is when you can take it to a food pantry, and that's like my favorite decluttering hack of all time. Unopened, non perishable, unspoiled food.

You can take it to a food pantry and you can benefit someone else by dropping it off. They can come and take advantage of that and declutter your space. I mean, that is the ultimate win win when it comes to decluttering. So I do not skip out on decluttering my pantry.

And like I said at the beginning, I just don't have tons of extra space for food storage. And so I do not want my food storage space cluttered up with things that we are not actually eating and

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enjoying.

GETTING RID OF GREETING CARDS

All right. And then one last thing that I do not do when I'm decluttering. I do not get rid of all my greeting cards.

And that is a really interesting one. I know, because I realize that I cannot keep every single greeting card that I'm given throughout my entire life. Now, from the time I was a child till I went to college, I more or less did. I had a spot where I put all my greeting cards.

And I think it's just the perfect little merge of my love languages. I absolutely love being given gifts. Okay. Just like, someone thinking of me and wanting to give me something and, like, showing that they know me through whatever it is that they gave me.

Like, that speaks to my heart. Also words of affirmation. Someone telling me that they love me or that they like me or what they like about me. Like these, like, you want to make my heart sing. Gifts and words of affirmation. This is what this girl runs on. Okay?

And a greeting card that someone sent you in the mail. It's like this perfect merger. Someone thought of you. They went to the trouble to get something for you, to do something, write something out for you. And then they said nice things about you and they sent it to you.

Like, ah, greeting cards. Okay. So I kept them. I kept all of them. And I actually would look through them sometimes. So you have the classic example of someone who keeps every greeting card and they've never looked at them. No, no. I looked at my greeting cards.

Like, this would be an activity. I would sit down for, like, 30 minutes, and I had these little folders and. And I wouldn't only keep greeting cards. I would keep various little mementos.

KEEPING MEMENTOS

Do you remember when Disney did paper fast passes? So you would go and you would, like, put your ticket into the machine. It would spit out some paper fast pass that you could hold.

Somehow we ended up with an extra one sometime that we didn't use. And that was a really fun trip. And I held on to that paper fast pass because, oh, it reminded me of that trip. I would hold on to, like, various things that I made or did.

You want to know one of the weirdest things that I held onto, I was so excited. My sister, when she started dating the man that she's now married to, but they were very first dating. Their first date. I think they, like, went on a picnic or somewhere. Okay, like, isn't that cute? They, like, packed a little picnic lunch.

Well, I was, like, super excited that she was dating this guy and really excited for her. And I am a lot younger than my sister, by the way. And I took one of the mayo packets that they had put in their picnic lunch that, like, they came back from their picnic what they hadn't eaten.

I took one of the mayonnaise packets, and I think I like, put a post it note or something on it. That was, like, mayonnaise packet from my sister's first date. My mom found it, like, a couple of weeks ago. This sister is married with two children now. And all of this, okay, like, this is an old band, but, like, these are the kinds of things I would collect, okay?

Tasha Lorentz

And I would put them in this special spot and I would love to go through them and be like, oh, yes, the mayonnaise packet from my sister's first date. Okay? So I have become a little bit more reasonable, I think, in my old age, I guess I would say. And I have not saved any mayonnaise packets recently, but I have not made myself get rid of all of those greeting cards.

THEY BRING JOY

This is the kind of thing that makes me so super happy. I actually have a bulletin board up above my desk, and it ebbs and flows what's on it. But I love seeing notes and cards from my friends up on that. I love seeing little things that remind me of times that I've gone on a vacation and had a really good time, or just things that make me happy.

And so you would probably call the bulletin board over my desk cluttered at times. Like, it can be an explosion of all of these different little cards and notes and mementos, but it really, truly brings me joy.

And so this all comes full circle back to that whole idea of making sure you're not overrun and also allowing yourself to get rid of some of those things.

DECIDING WHICH ONES TO SAVE

So a few years ago, I sat down and went through those greeting cards, and you know what? There were some greeting cards that I was like, oh, I'm never getting rid of this. This is from a really special person or a really special time in my life, or what they said was so touching to me, like, I want this one.

But I probably had 18 birthday cards from my

grandparents, and they all said, love Grandma and Grandpa. Love Grandma and Grandpa. Love Grandma and Grandpa. Happy birthday. Love Grandma and Grandpa.

I didn't need every birthday card that they'd ever sent me, so I may have kept one or two. I enjoy having something in their handwriting to remember them by, but I don't need 17 things in their handwriting to remember them by, especially when the handwriting says the exact same thing every single year.

THEY AREN'T EQUALLY IMPORTANT

And so allowing myself to go through and sort out, I think what I had to do is I had to not view every single thing that I was given in the exact same category and holding the exact same weight, because greeting cards and mementos were important to me, but not all of my mementos were equally important to me.

And so I did sort them out and weed them out. I did it eventually with my wedding cards. For a long time, I kept every card we were given for our wedding. They were important to me. It was a special time. How could I get rid of any of the wedding cards?

But I went through eventually, and I looked at them, and once again, some of them that just said, love your aunt and uncle, love Jim and Sue, you know, they didn't say anything. And it wasn't someone that I felt like I needed to keep something that was in their handwriting. And I got rid of those.

And I have a stack that I kept, and some of them probably don't say a whole lot more than love Grandma and Grandpa, but I want to remember they were at the wedding, and I want to have something in their handwriting.

Tasha Lorentz

And so I keep that one, but I didn't keep the other one. That wasn't super duper important to me. But I do not make myself get rid of all those.

IT'S OK TO BREAK THE RULES

I think that's like a classic thing that people define as clutter, and it could be something else for you. So for me, it's greeting cards and mementos. But there might be something that you've heard other people say, oh, everyone needs to get rid of clothes that don't currently fit them or games they aren't currently playing, or craft supplies for hobbies that they don't currently do.

And maybe that's just not the way that it works for you and your brain, and that's okay. And if your space has the capacity to support that, it is okay to break the rules. You don't have to follow every decluttering rule that is out there. So I want to reiterate what I said at the beginning.

YOU KNOW YOU BEST

If some of these things that I'm sharing, you're like, oh, man, I could not imagine not doing that when I'm decluttering, do what is working for you. But if you're trying to follow the conventional wisdom out there and you're thinking, man, I just, I really think it would work better if I tried it this other way, then try it, because you know you best.

And everyone who's out there, myself included, giving advice and tips and tricks on decluttering, they can't know your specific situation. And so take what you can, take the principles underneath what you're hearing and what you're learning, and apply them. But also trust yourself. Trust that you know yourself and

you know what is going to work best for you, and that you can totally give things a try and see what works for you.

And you might come up with your own unique decluttering method and you might even share that someday and help someone else.

And so thanks so much for tuning into this episode of the Get Organized HQ podcast. I hope you've taken away something that can help you on your decluttering journey and inspire and empower you to declutter more so that you can live a life of less stress and more peace.

I will see you next time.