



10 Tips to Clear Your Clutter

The following tips are an extension of Gina DeLapa's book [Ultimate Reminders for Everyday Life](#). Have you enjoyed this book? If so, please help spread the word!

As you can imagine, the following list is by no means exhaustive. Still, these clutter-clearing tips can help you get started. More often than not, that's the hardest part!

1. **Remind yourself, "It's cheaper than therapy!"** Clearing your clutter is therapeutic. Starting today, get rid of all the stuff that no longer defines or describes you: Old pictures. Books. Mementos you no longer need or want. Old appliances. Ask me if I miss my juicer. ;-)
2. **Start small.** Yes—glove-compartment small. I would seriously take 10 minutes to clean out your glove compartment. You can't believe how amazing it feels to have one little space clean and organized. You do that, you can graduate to your medicine cabinet. Just keep chipping away at it, one room, one drawer, or one section at a time, and the results will become their own reward.
3. **Pretend you're moving.** The key is to get selective about what you keep. Some questions you can ask: How badly do I need or want this? If necessary, can I get a replacement? If it disappeared, how much would I care? If you would care a lot, then keep it. Often, we hold on to clutter out of habit or fear. I would question both.
4. **Banish from your vocabulary the phrase, "You never know when you might need ..."** Too often, we use this rationale to hold on to everything from boxes to backpacks. Give yourself permission to let some of your possessions go. Your home will feel larger and more inviting when it's not overcrowded with goods you don't truly need.
5. **Give all your belongings a good home.** For example, use clothes baskets to hold toys, shoe bags that hang over the top of a door, and drawer dividers to keep everything neat and accessible. Your home will be more pleasant when everything has its proper place. You'll also feel a greater sense of control when you're not misplacing your keys, shoes, etc.
6. **Don't overthink it.** To paraphrase Jimmy Buffet, "Overthinking may or may not be my problem." The point is, take all the items you're not going to keep, and get it on its way, whether it's offering it to a family member, giving it to charity, selling it, or recycling it. I can't tell you how many times I've been saved by [1800-GOT-JUNK](#).

If you're just not ready (e.g., if you're mourning the loss of a loved one or you're an

accountant in the middle of tax season), then yes, give yourself more time. The goal here is to *lower your stress*.

7. **Digitize old pictures.** Though I can't speak from direct experience, a Facebook friend of mine recommended iMemories.com. I'm sure there are other places that offer similar services. But it's a great feeling to be able to organize your cherished memories, and enjoy them in a whole new way.
8. **Have mercy on your loved ones.** Do you really want to leave a lifetime of clutter for your loved ones to sort out? You've probably known people who had to do exactly that (or maybe you were one of those people). Better to pare down while you're alive and healthy. As the saying goes, "He who gives while he lives also knows where it goes."
9. **Say no to new clutter.** For example, skip the "free gifts." Do any of us really need another tote bag? Get off mailing lists. (I use an app called [Paper Karma](#). And no, this is not a paid endorsement.)
10. **Challenge yourself to trim clutter in as many ways as possible.** Even if you *don't* take it to the extreme (and I'm not suggesting you do), clearing clutter is a never-ending job. But it can also be rewarding as you see your whole life come into sharper focus. Go for it!

If you know someone else who would enjoy these tips, encourage them to sign up for my FREE newsletter at UltimateReminders.com.



About Gina DeLapa

Gina DeLapa is America's Ultimate Reminders™ Coach and the creator of the *Ultimate Reminders™* book series. Her wise and witty reminders ("If you don't like someone, don't go camping with them" and "Never cook bacon in the nude") will make you laugh, stir your soul, and inspire your best. Gina has taught and inspired audiences from Sacramento to Wall Street—if you're not already getting her FREE newsletter, Monday-Morning Pep Talk, sign up today at UltimateReminders.com.

