



Decluttering guide



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The decluttering process

The decluttering process is the most important step in gaining your space back. It can be hard to let go of certain items but we find that people are generally very happy to let go of lots more than they originally expected.

The important questions

These questions are the ones you should ask yourself when making a decision on each item.

Do I love it?

Do I need it?

Will I use it?

When did I last use it?

Is it sentimental?



One room at a time...

Get prepared... you will need:

- Rolls of black bags
- Rolls of clear bags
- Shopping bag
- Box for electrical recycling
- Labels

Label your bags:

- Black Bag: General waste
- Black Bag: Clothes recycling
- Clear Bag: Donations
- Clear Bag: General Recycling
- Clear Bag: Soft textiles (Blankets, Towels, duvets etc)
- Shopping bag: Items to sell/pass on
- Box: Electrical Recycling

Empty your room into another area:

Give yourself as much space as possible and start removing everything grouping like with like items. This is a great opportunity for you to assess how many similar items you have.

Go through each section individually:

Eliminate the items that you know you definitely do not need to stay ie. broken, out of date, or no longer useful. Distribute these items into the relevant bags.

Decision time:

When the obvious items have been removed, have another look at what you have left. Ask yourself the important questions. If the answer to these questions are a no, place them into their designated bag.

Second Check:

Time to have a look again at what you have in your categories.

Can you do another cull?

Are any of these seasonal items? ie decorations or clothes that you don't wear all year round.

Could we potentially store these items elsewhere?

Distribute these items into the relevant bags.



By item

This is a great way to work if you plan to tackle your whole house on your own.

- Get prepared - label your bags!
- Make a list of the type of items you have in your home for example: books, linen, cosmetics and toiletries, kitchenware, appliances etc
- Go around your house and gather the items in the category you are working on and place them in one area.
- Go through each group individually.
- When the obvious items have been removed, have another look at what you have left.
- Are some of these items seasonal or sentimental? Can they be stored elsewhere?



Small sections

If you are restricted on time or find the whole process really overwhelming take it one section at a time when you have the time.

For example while cooking it might be a chance to go through your utensils or spices.

If you have storage boxes to sort take one at a time.

When you're doing your night time routine have a quick look through your cosmetics.

- Pick up each item and check for expiry dates, damages or functionality.
- When the obvious items have been removed, have another look at what you have left.
- Ask yourself the important questions.
- Are some of these items seasonal or sentimental? Can they be stored elsewhere?



Don't know where to start?

Check our 30 day declutter guide on the next page where we have a random list of household items for you to choose from.

Do 1 a day or do a couple each weekend.

We like to write the numbers out and pop them in a jar and pull them out at random.... this way you won't avoid the sections you dread!



30 day declutter challenge with Kim + Lyn

Let's get started

- 1 BROKEN TOYS
- 2 OLD RECEIPTS
- 3 ODD SOCKS (LET THEM GO)
- 4 EXPIRED MEDICATION
- 5 SHOPPING BAGS
- 6 OLD/STAINED TOWELS
- 7 YOUR CAR
- 8 OLD PAPERWORK
- 9 DECLUTTERING PHONE - VIDEOS, SCREENSHOTS TAKING UP SPACE
- 10 OLD RUNNERS/SHOES
- 11 OLD PHONES/ELECTRONICS
- 12 WHATTSAPP HISTORY/PHOTOS
- 13 JEANS THAT DON'T FIT JUST RIGHT
- 14 OUT OF DATE MAKE UP
- 15 WORN OUT UNDERWEAR
- 16 CLEANING SUPPLIES CLEAR-OUT
- 17 BOOKS TO DONATE
- 18 DRESSES/SHIRTS CULL
- 19 CUTLERY AND UTENSILS
- 20 KITCHEN APPLIANCES
- 21 JEWELLERY AND ACCESSORIES
- 22 BATHROOM TOILETRIES
- 23 PJAMAS AND NIGHTWEAR
- 24 KITCHEN HERBS/SPICES
- 25 OLD BEDSHEETS/DUVET SETS
- 26 CHARGERS AND CABLES
- 27 COOKBOOKS
- 28 EMAILS
- 29 MUGS AND GLASSES
- 30 UNUSED APPS

Don't forget to recycle, donate or pass them on

Exercise

Take 5 mins...

We want you to pick 2 rooms.

Set a timer on your phone for 5 mins in each room and try to find 3 items to eliminate.

Ask yourself

- What did you eliminate in each room?
- Why did you eliminate these?

Thoughts

- How did you find this?
- Was it really easy or did you struggle to let go?
- Take notes on your findings.

Make sure to keep us updated with your project on our instagram @a.sorted.affair, we cant wait to hear how you get on!

Le Grá, Kim + Lyn

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