

A woman with her hair pulled back, wearing a dark blue blazer over a light blue button-down shirt and light-colored trousers, sits on a beige sofa. She has a frustrated or determined expression, looking down at a small blue and red toy car she is holding in her hands. In front of her on the floor is a large blue plastic laundry basket filled with various colorful toys, including blocks and a small pink toy. To her right, a yellow laundry basket is also visible, containing more toys. The background shows a white wall and a blue abstract painting. The overall scene suggests a woman overwhelmed by clutter, particularly children's toys.

HOW TO REMOVE CLUTTER
WITH **1-800-PACK-RAT** 



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PART 1 : STARTING THE PROCESS

Room-by-room

Removing clutter from your house can be an overwhelming task. To make the process more manageable, focus on one room at a time. You may even want to begin by cleaning out a closet so you have a place to store other items as you begin to tackle each room in your home.

Throw Out, Then Reorganize

Getting rid of clutter can be stressful if you try to reorganize your stuff as you are going through it. Once all of your belongings are pared down, you'll have a clearer idea of how you want to group and organize the important items that you keep.

Help From Friends

If you have trouble getting rid of items on your own, enlist the help of a friend. They can help you be more objective and remind you that the item you are holding onto hasn't left your closet in more than a decade. This will also make a somewhat boring task more fun.

Fun Facts

[Pinterest](#) has 11.7 million unique monthly visitors*

Spring cleaning has been a tradition since the 19th century**

50% of homeowners rate the garage as the most disorganized space in the house***

*<http://techcrunch.com/2012/02/07/pinterest-monthly-unique/>

**https://en.wikipedia.org/wiki/Spring_cleaning

***<http://mycluttercontrol.com/facts>



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PART 2 : KNOW WHAT TO GET RID OF

One-year Rule

Most of us have a hard time getting rid of clothing because we think we might wear it again someday. A good way to test this is to turn all of your clothes hangers forward at the beginning of the year, then once you wear an item, turn your hanger backward. You should consider donating any clothes that are still facing forward at the end of the year. This is also applicable to other items - simply ask yourself if you have used the item within the past year. If the answer is no, it may be time to let them go.

Emotional Items

Cleaning your house isn't meant to

separate you from items that you are emotionally attached to. Focus on getting rid of things that you haven't used in awhile that have no meaning to you, rather than purging sentimental items.

Small Stuff Matters

Be just as diligent about going through a small drawer as you are a large cabinet. It may be tempting to avoid going through a smaller section of a room, but usually, those smaller nooks and crannies are filled with small clutter. Don't let an accumulation of smaller belongings eventually evolve into another clutter problem.



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PART 3 : EASY WAYS TO ENSURE SUCCESS

Digitalize

A great way to organize is to digitalize. Most of our office clutter comes from loose papers and random files. To save space and get things organized, scan papers and documents onto your laptop and save them in specified folders. This will also help you find documents more quickly, as you can just search for their name and pull it up instantly.

Sort Belongings

Before you start going through your belongings, make four boxes with the names: give away/sell, trash, keep, and maybe. As you are going

through your stuff, place each item in one of these boxes to make it easier to handle when you are done. The "maybe" box can also be useful in giving you time to think about whether or not you want to keep an item while you go through the rest of your stuff.

Pinterest

Reorganizing your home can be more fun when you have the help of [Pinterest](#). Once your stuff is decluttered, search Pinterest for creative and fun ways to reorganize your belongings.