Practical First Steps for Reducing Clutter

From Fruitful Purpose Counselling

Starting can be the hardest part. These steps are designed to be small, kind and achievable.

1. Start with why

Ask: “What would I like my home to let me do that’s hard right now?” Examples include cooking a meal, having a friend visit, or sleeping in bed. Write the answer down and keep it visible.

2. Safety first

If anything feels unsafe, begin by:

- Clearing a path to every exit
- Checking smoke alarms
- Moving items away from heaters, stoves and power points
- Clearing trip hazards from walkways and stairs

3. Pick one small area

Choose a manageable area such as one chair, one shelf, or one corner of a bench.

4. Set a time limit

Try 15 to 20 minutes, then stop. Short, regular sessions are encouraged.

5. Use simple categories

Use three or four labelled boxes or bags:

- Keep
- Donate or give away
- Recycle or rubbish
- Not sure yet

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6. Helpful questions

- Have I used this in the last year?
- If I didn't have it, would I buy it again?
- Do I have something else that does the same job?
- Is keeping this worth the space it takes?

7. Notice your feelings

Anxiety or sadness when letting go is normal. Breathe slowly, pause, and remember why you started.

8. Remove items promptly

Take donations and recycling out the same day or week if possible.

9. Pause before acquiring

Before bringing something new home, wait 24 hours and ask: "Where will this live?"

10. Celebrate progress

Every cleared space counts. Take a photo of progress.

You don't have to do it alone

Fruitful Purpose Counselling offers one-on-one support at your pace, via home visits or telehealth. Nothing is discarded without your choice.

Book a free 15-minute discovery chat: hello.fpc@hotmail.com
www.fruitfulpurposecounselling.com.au

General information only; not a substitute for individual professional advice.

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