FRUITFUL PURPOSE COUNSELLING

Building a Daily Decluttering Routine

Small, steady habits can make organising feel more achievable, one week at a time.

Start small

Small repeated actions build momentum. You can choose what to do today, pause when it feels like too much, and make any task smaller until it feels doable.

Safety first

Keep exits and walkways clear.
Make sure smoke alarms can be reached and are working.
Ask for help with unsafe tasks.

Five habits that help

1. Choose one tiny daily action
2. Link it to something already done using an “if-then” plan
3. Do a quick reset
4. Pause before bringing things home
5. Plan for obstacles

Start with one action you can finish in a few minutes.

There is no rush. Begin gently and build from there.

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A gentle four-week plan

Repeat a week or make the plan smaller whenever you need to.

Week 1

Begin gently with one small action after an anchor.

Week 2

Build familiarity and add more only if manageable.

Week 3

Add one choice about an item, or one pause before acquiring.

Week 4

Make it your own and adjust what doesn't work.

If you miss a day

Missing a day does not undo your progress, and there is no need to catch up.

Why this works

[1] Habits form through repetition.
[2]"If-then" plans make the next step automatic.
[3] Hoarding-specific cognitive behavioural therapy supports decluttering,
[4]self-compassion keeps the process kind

Ask for the "Building a Daily Decluttering Routine" worksheet for a step-by-step plan and habit tracker.

General information only. Not a diagnosis or a substitute for individual professional advice.

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Would you like support?

- ☐ Fruitful Purpose Counselling offers one-on-one counselling for adults, via home visits or telehealth.
- ☐ Self-referrals and GP referrals welcome.
- ☐ hello.fpc@hotmail.com
- ☐ www.fruitfulpurposecounselling.com.au
- ☐ Need support now? Call Lifeline on 13 11 14. In an emergency, call 000.

About this handout

This handout draws on habit formation research, hoarding-specific cognitive behavioural therapy and self-compassion. It is general information only and is not a diagnosis or a substitute for individual professional advice.

References

1. Time to Form a Habit: A Systematic Review and Meta-Analysis of Health Behaviour Habit Formation and Its Determinants — https://pmc.ncbi.nlm.nih.gov/articles/PMC11641623

2. Decluttering Minds: Psychological interventions for hoarding disorder — A systematic review and meta-analysis. — https://pubmed.ncbi.nlm.nih.gov/39756330

3. Self-Compassion: Theory, Method, Research, and Intervention — https://www.annualreviews.org/content/journals/10.1146/annurev-psych-032420-031047

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