

GUIDE TO DECLUTTER WHEN YOU HAVE ZERO TIME



A quick solution for busy moms



"Most people go about decluttering all wrong"

-Kyle Quilici of New Minimalism

Here's the thing – you know you need to get rid of a bunch of crap you don't need. But you only have X minutes. Here's how to effectively tackle decluttering when you don't have all day to do it.



COMMON PITFALLS



X DON'T
Overestimate the amount of time you actually have



X DON'T
Take apart your entire closet only to lose steam halfway thru



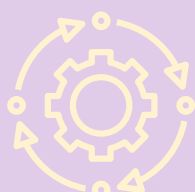
X DON'T
Try to tackle lots of categories in one abbreviated session



THE PROBLEM W/ DECLUTTERING BY ROOM / AREA:

You are missing out on a huge ah-ha opportunity, and won't be able to...

- fully grasp the true volume of items you actually have
- reveal duplicates, or items that can work double-duty
- see how your lesser items compare to your favorites



CATEGORY BY CATEGORY



If you want your efforts to be truly effective and lasting, declutter by category, not by space. There's simply no way around it.

Don't have time to complete an entire category?



Here's the secret:

Break it down into sub-categories

You want to declutter clothing, but don't have that much time? Break it into sub-categories. Don't declutter a random part of your closet, declutter all your hats. Don't declutter a drawer, declutter all of your pens from all parts of your house.



HOW TO SUCCEED



DO

Be realistic with the amount of time you have



DO

Identify a **SUB CATEGORY** that you can complete in the allotted time



DO

Start what you can finish



STEP-BY-STEP

15 MIN

Let's say you have 15 minutes to declutter ...something...

1. Identify a sub-category in a troublesome area of your home
2. Set a timer; put your phone on airplane mode
3. Stage all items in subcategory
4. Decide on each item:
Keep/ Donate / Misplaced / Trash
Trust your gut; if you don't know, don't linger, just keep it.
5. Put Keeps away
6. Place donations by front door



WANT MORE?



Here's the hard truth - if you only devote 15-min. to decluttering, it will take THE REST OF YOUR LIFE to make meaningful progress.

Ready to commit? Join the waitlist: [New Minimalism for Busy Moms Online Course](#)