

Declutter Challenge Guide

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Part 1 – What is Clutter?

In Feng Shui, clutter represents stuck energy. When energy is stuck, what you want cannot flow to you. More than that, though, the objects in your space affect you. They generally either lift you up or they drag you down. Yes, clutter can physically and mentally drain you. And, clutter in the different areas of your home (in Feng Shui we call them guas) can keep you from moving forward in that area (such as career or partnership or wealth).

Clutter can cause:

- ◆ Clouded vision
- ◆ Overwhelm
- ◆ Relationships to suffer
- ◆ Weight issues
- ◆ Fatigue
- ◆ Depression
- ◆ Health issues
- ◆ Lack of focus
- ◆ Lost opportunities
- ◆ Financial difficulties
- ◆ Impeded growth

The more clutter you have piled on horizontal surfaces (desks, dressers, countertops, fireplace mantels, etc.) the cloudier your vision and the less clear you are about where you're headed in life.

By removing clutter, you are allowing vital energy, opportunities and money to flow to you. The empty space creates a vacuum, begging to be filled with the things you really want to be, do and have in your life. It stands to reason, then, that clearing clutter is the quickest way to manifest what you want in your life.

Quick Decluttering Tips

- ❖ If you don't use it and/or love it, let it go!
- ❖ Spend 9 minutes a day clearing clutter. Set a timer. You can do anything for 9 minutes, right?
- ❖ Remove 9 items every day that you don't use, or love or that are broken. In just 9 days you will have removed 81 things!
- ❖ Start in your bedroom. Create an oasis to improve your sleep well & increase your energy
- ❖ Clear one space: a counter, a shelf, a corner, your dresser and declare this spot as a clutter-free zone which means *keeping* it clear!
- ❖ Ring a bell over the clutter inspire movement and help you gain clarity about what to keep

Part 2 – Tolerations Assignment (use Tolerations blank sheet at bottom of this document)

Go through your home/life and make a list of everything that you are "tolerating"

Examples: broken items, items that need to be returned to the store or someone, items to be thrown away or donated, dr/dentist /haircut appts, calls to be made, birthday cards to send, areas you'd like to update in your home, wills or other docs to be updated, clutter spots, etc.

Part 3 – Getting Ready to Declutter

- Block off time in your calendar weekly

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- Clear out the back of your car so you can transport items or a space in your garage to place them until they can be sent along their merry way
- Create sorting bins/boxes: Keep / Donate / Toss / Sell / Undecided
 - *Keep items: Find a permanent home for them...everything has a place
 - *Donate: Remove the bags immediately and put them in car for drop off
 - *Toss: Put them out with the next garbage pickup
 - *Sell: Start taking pictures and listing one or two a day
 - *Undecided: This box helps keep the process moving along. Most likely when you are done going through an area, you will have a different view of the things that are in this box and be ready to let them go!

Part 4 – Overview of KonMari System

I highly recommend obtaining and reading the book, [The Life-Changing Magic of Tidying Up](#) by Marie Kondo to help you declutter your home once and for all.

1) Tidy by Category

This means you are not going room by room. Often we keep the same types of items, like clothes, in many places throughout the house.

2) Effective Tidying involves 2 actions:

- * Discarding
- * Deciding Where to Store Things

3) Make it a Special Event

The work should be completed once and for all within a single period of time. Start in the morning and you will be amazed by how much progress you can make in 1 day!

4) Start by discarding all at once, intensely and completely

Examine what you own:

- * Take each item in your hand
- * Keep only those things that “spark joy” when you touch them
- * Discard the rest (donate, toss, sell, give to a friend)

NOTE: It doesn't matter if you've never worn the item or wore it yesterday. If it doesn't bring you joy when you hold it in your hands, please do not keep it.

5) Nitty Gritty Details

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Collect everything from throughout the house that falls within the same category and lay it all out in one spot. Yes! Put everything in one pile.

STORAGE

You do not need to buy items to help you store your things. I found that once I removed things I didn't love or use that I had plenty of storage items available. I used shoe boxes and other small boxes I found to organize things in drawers and they work just as well as fancy storage containers.

Store all like items together, rather than where they are used. Store things where you put them away, not where you use them. If you gather all the items of a category from your home, you will likely find that you have way more of that item than you need. Storing them all together means you will always be able to find that electrical cord or scissors, right?!

Part 5 – Clothes

You can start with off-season clothes and ask, "Do I want to wear this right away if the weather suddenly changes?" Then move through the categories below, one by one:

1. Tops (shirts, sweaters, etc.)
2. Bottoms (pants, skirts, etc.)
3. Clothes that should be hung (jackets, coats, suits, etc.)
4. Socks
5. Underwear
6. Bags (purses, messenger bags, etc.)
7. Accessories (scarves, belts, hats, etc.)
8. Clothes for specific events (swimsuits, uniforms, etc.)
9. Shoes

Folding

Marie recommends folding clothes so that you are able to see all the edges in the drawer. This is one of my favorite parts about this system – being able to see clothes in the drawer and doing the folding is meditative for me. Plus, folding clothes helps you see stains and tears and shows you care for your clothes so they will last longer.

Fold each piece into a simple smooth rectangle by folding the sides in first, then in $\frac{1}{2}$ or $\frac{1}{3}$. Folded clothes when standing on edge should fit the height of the drawer. See Marie's book or YouTube videos for further instructions on how to fold.

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Fold socks in half and then in thirds with toes inside. Rolling them stretches out the bands.

Arrange clothes in your closet (the ones that seem to like to hang better) so they rise to the right. This means the heavier, longer and darker color clothes will be on the left.

Seasonal suggestion

Marie recommends keeping all of your clothes out (once you clear those you don't love, you will have room) and simply organizing them by weight.

Part 6 – Books

Pull all the books out from wherever they are in the house and place them on the floor. Doing this activates the energy of the books. You can divide them into types for sorting if you wish:

- General (pleasure)
- Practical (reference and cookbooks)
- Visual
- Magazines

Take each book in your hand one by one and only keep those that give you a thrill of pleasure when you hold them. It's okay to let it go even if you haven't read it or haven't finished it. The book has served its purpose for you and likely brought you joy when you bought it.

In Feng Shui books are felt to be a heavy energy. Often bookcases in bedrooms keep people from sleeping well (think of all those words wandering around in your head while you are trying to sleep). Use the KonMari method to get rid of everything you can. Then consider the following storage tips:

- Remove books (except 1 or 2 you are reading) from your bedroom
- Store books at waist high or below
- Books stored above the waist should be in enclosed cabinets
- Consider placing a bookshelf in your closet (you'll have room once clothes are in drawers)

Part 7 –Papers

Discard everything except:

- Currently in use
- Needed for a limited time
- Must be kept indefinitely

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Marie doesn't recommend further sorting these. She indicates if you need something it's easy enough to sort through 1 of the above boxes to find it. Since I run a business, I find it necessary to keep files since I do reference past bills, etc. and also need to keep my records for tax purposes.

KonMari Method recommends tossing:

- Lecture manuals (you got what you needed when you attended)
- Credit card statements (after you've reconciled)
- Utility bills
- Cable bills
- Warrantees for electrical appliances or put all in a single file without out sorting
- Used checkbooks

Part 8 –Miscellaneous or Komono (Marie's name for it)

- CDs/DVDs
- Skin care products
- Makeup
- Accessories
- Valuables (passports, etc.)
- Electrical equipment and appliances (cords, etc.)
- Household equipment (stationary, writing materials, sewing kits, etc.)
- Household supplies (detergent, toilet paper, tissues, cleaning products)
- Kitchen goods/food supplies (pots, pans, blenders, utensils)
- Other (spare change, nick nacks)

Marie recommends tossing samples, cell phone boxes and instructions, other boxes, unidentified cords, broken things, spare bedding, spare buttons, free novelty items, stockpiles of things)

Part 9 –Mementos

Going through these items and keeping only those we really love (including photos) helps you process the past. "The space we live in is for who we are becoming now, not who we were."

GRATITUDE

Appreciate your possessions and thank them for what they do for you. Also, thank the items that you are discarding for the purpose they have already served for you and help them find a new home. A couple ideas for this is:

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- ❖ Sell items through Facebook garage sale groups or on Ebay
- ❖ Host a clothing swap with friends (these are super fun!)
- ❖ Donate to local shelters
- ❖ Toss anything unusable

“The question of what you want to own is actually the question of how you want to live your life.” Marie Kondo

Tolerations

Go through your home/life and make a list of everything that you are “tolerating”

1.	26.
2.	27.
3.	28.
4.	29.
5.	30.
6.	31.
7.	32.
8.	33.
9.	34.
10.	35.
11.	36.
12.	37.
13.	38.
14.	39.
15.	40.
16.	41.
17.	42.
18.	43.
19.	44.



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20.	45.
21.	46.
22.	47.
23.	48.
24.	49.
25.	50.