Downsizing
Are you a prisoner of your possessions?

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Sources
- Dr. David J. Ekerdt
  University of Kansas
  Gerontologist
- Genevieve Tudor,
  Author "Declutter Your Home"

What is Clutter?
(Webster Definition)
1. To fill or litter with things in a disorderly manner
2. A disorderly heap or assemblage
3. State or condition of confusion

Steps to Downsizing & De-Cluttering

Step 1
Analyze Yourself
A. Keep Focused
B. Give Yourself Time
C. Make a list of all rooms in your home:
   • Including garage
Step 1
Analyze Yourself

D. Understand the “real” issues within yourself:
   - Thinking you need more storage containers
   - Wanting a larger home for more space

Step 2
Create a Plan for Change
(Three or Five Box Method)

A. Locate several large empty boxes & label each box:
   - Give Away
     - Family
     - Charity
   - Donate
   - Storage
   - Toss

Step 2 (con’d.)

B. Have sturdy trash bags

Step 3
Sort Your Possessions

A. Set a timer
   (one hour per day)
B. Stick with your sorting plan
C. Pick one room/place at a time

Step 4
React Promptly if Clutter Occurs

A. Assess the amount of clutter in each room by:
   - Locating area where clutter is building
   - Organizing area using your previous sorting system

Step 5
Don’t Be a Hoarder

Three Criteria:
A. Parts of home so full you can’t use
B. Clutter causes guilt
   - Embarrassment
C. Don’t save items you will never use
Tips for Letting Go

1. Take one item at a time:
   - During sorting, decide what you want to do with the item

2. Ask Yourself:
   - Do you love this item?
   - Have I used this item in the past year?
   - Do I really need this item?

3. Move on without the item:
   - It's easy to form an emotional bond to your valuables/treasures

4. Take out the trash

5. Give it up
   - Donate to charity
   - Give items to someone else
   - Sell item

Junk Drawer
Let's Clean
Have a Happy De-cluttered Home