

Decluttering

This is the **short** version of suggestions (including a bit of basic feng shui*) for clearing your physical space by identifying and releasing things that no longer benefit you. I hope you find at least a few of the ideas helpful, and please disregard those that don't feel right to you.

From, Lexi

1. Make simple, flexible rules. Follow your own guidance.
2. Set intentions, such as: Be kind to yourself and avoid judgement or insults.
3. Determine your criteria for keeping or not keeping things. For example:
 - a. I keep the things I love, really like, use frequently, use rarely but are crucial when needed (e.g., a special tool), that enhance my sense of peace, comfort, and enjoyment of my surroundings, etc.
 - b. I get rid of the things I hate, don't like, don't use, can't use, or that make my physical space feel uncomfortable, cramped, chaotic, unsafe, etc.
4. Identify your preferred options for “where things will go” when you move them out of your physical space. For example:
 - a. Give Away
 - b. Donate
 - c. Recycle
 - d. Reuse/Repurpose (although this involves keeping things)
 - e. Throw Away
 - f. Store at an External Location (Last resort!)
5. Decide “where to start.” It may help to identify areas, items or tasks:
 - a. That cause bad thoughts and bad feelings.
 - b. That cause bodily reactions such as a sick stomach, clenched jaw, tight chest, etc.
 - c. That literally make you trip, fall, or have to step over or walk around.
 - d. That have to be moved to get to the things you are looking for.
 - e. That don't have a clearly designated place to be put away.
 - f. That seem to frequently get lost or are difficult to find.
 - g. That are broken, damaged, soiled, dull, faded, threadbare, etc.
 - h. That are dangerous, such as cracked glass, sharp edges, splinters, rust, etc.
6. Break down large projects into steps (e.g., focus on one shelf, organize half a drawer, sort the first 10 items from a bin, open one box, etc.).
7. Sorting things may help with decision-making by letting you see what you have to work with. For example, put the same or similar items together by size, type, color, weight, shape, etc.

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- 8.** If a task feels good, keep going!
- 9.** If a task feels bad, stop. If a task feels too hard, stop. If you're overwhelmed or confused, stop. If it involves forcing, stop. If it stirs up bad memories, stop. (etc.)
- 10.** If you decide to stop, consider revisiting the project after a break, the next day, on a later date, or whenever you feel like starting again.
- 11.** Give yourself the option to change your mind at any time. And/or to change it back.
- 12.** Remember that time and energy fluctuate, and life will sometimes interfere.
- 13.** Pay attention to your body. Take breaks. Eat. Hydrate. Restroom.
- 14.** Reward yourself with words ("Great job!" "I'm getting the hang of this!" "It looks so clean!"), with a small treat, with something fun, relaxing, pampering, etc.
- 15.** Acknowledge ALL progress along the way, even clearing an inch of space.
- 16.** "Trying" and "thinking about what to do" count as progress.
- 17.** Notice ways you may unknowingly make the process feel harder (e.g., perfectionistic standards, creating strict rules or conditions, talking yourself out of decisions).
- 18.** Avoid "emotional traps" when possible (i.e., keeping things out of fear, guilt, obligation).
- 19.** Ask for help with moving, sorting and/or decision-making.

Most importantly, don't beat yourself up about any of this. Ever. ❤️

*Ideas for basic feng shui are adapted from the book, "Move Your Stuff, Change Your Life" by professional feng shui consultant, healthy-lifestyle designer, educator and best-selling author Karen Rauch Carter. I highly recommend her and encourage anyone interested to check out her books, recordings and website at: www.karenrauchcarter.com

**A longer version of this list is available on my website: fromlexi.com

Revised: 8-2025