

Words of Wellness

April 2012

DECLUTTER

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Do you want to see decluttering results quickly? Use the Box & Banish method.

Pick a room and breeze through the clutter with the Box & Banish method of decluttering!



Here's how you do it:

1. **Box** all the clutter in a room.
2. **Banish** it from the room.
3. **Stash** the boxes in the garage or corner of another room.
4. Immediately, you have a **calm and relaxing** room to live in.
5. As you have time, **sort** each box, one at a time.
6. Use the **classic sorting** method of give away, put away, throw away.
7. **Bring back** into the room only what is absolutely necessary.

This method is great for anyone with **small snippets** of time rather than large chunks of time or anyone who craves the **immediate gratification** of a decluttered space.



Added bonus: It's much easier to sort your clutter when it's out of its usual environment. Suddenly you can **SEE** that you have 325 sweaters!

The **extra nice part** about Box & Banish Decluttering is this – if you need a break from sorting, take it. Just plan a date to get back to those boxes.

Here's your Journey Challenge: Pick a room to declutter this week or weekend. That's right...a whole room! (It can be a small room.)



www.orgcoach.net/declutter.html

zenhabits.net/top-10-resources-and-inspirations-for-decluttering-your-home/

www.fengshuiforus.com/Pages/DeclutteringPrescriptions.html#Anchor

Uncomplicate Your Life:
www.marcandangel.com

