



JOURNEY HOME
interiors

HEADSPACE TIPS for Decluttering with Conviction



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Interior Designer | Owner JOURNEY HOME INTERIORS

Border: Anna French Wallpaper, available at Journey Home Interiors

Headspace Tips for Maintaining Your Conviction while Decluttering

Tip 1. Apply the 5-second Rule on Memory Lane

If items such as old Christmas cards or photo albums are likely to evoke your emotions and tempt you to linger or wander down memory lane, be strong!

To avoid temptation, you need to apply the 5-second rule. Allow yourself to look at the item for 5 seconds only, enjoy that moment, reset your intention, and **MOVE ON.**



Tip 2. Use the Sentimental Box Sparingly

It doesn't mean you don't love your kids if you don't keep the toilet roll doll with cotton wool balls for hair that they made for you in preschool. If you really want to keep it, have a sentimental box, but decide how much storage space you will devote for that purpose. Then stick with your rule. And remember, you can always...

Tip 3. Snap a Photograph

Snapping a photograph of something allows us to keep the memory without the item taking up precious space in our homes. But be sure to save the photo in a couple digital locations... just in case!

Tip 4. Follow the 1- to 2-year rule

Here's a good rule to abide by: If you haven't used the item in 1 or 2 years, then you won't miss it. This really is true! Give yourself some tough love and send it to a new, happy home.



Tip 5. Don't Get Caught in the "But It's Valuable" Trap

If you are assigning monetary value to objects and therefore having trouble letting them go, remember that you have already spent that money. Be mindful that it is human nature to assign more value to the things we own. Keeping the item won't bring the money back.

If the items can be sold for an amount that is worth your time, place them in the Sell box, but make sure you action that!

Tip 6. Be Honest with Yourself about the To-Do Box and Your Time

A decluttering exercise shouldn't create an enormous "to do" list or burden you with guilt. It should liberate you and help you move forward! So be honest with yourself...

Are you really going to action the work this piece is giving you to do? For example: glue this, mend that, lose 30 kilos, post this to Aunty Jo in Iceland?

In this busy day and age, the honest answer is likely NO. Don't put it in the "To Do" pile if you don't really want to do it or you know deep down that it won't get done. I have employed this rule for years, and I never think twice about the things I didn't add to my To Do list. I bet you won't either.



Image source: Good House Keeping Magazine. Hearst.

Tip 7. Immediately Action the Sell, Donate, or To-Do Items

Beware of re-cluttering. Immediately take things to charity, a recycling centre, or consider using the Freecycle Network so you can avoid the temptation to re-clutter. Somebody in need can use your items now.

Then tick off those to-do list items and feel the amazing lightness of spirit that comes with it! Before you start, find out where and when you can drop off unwanted items so that this step is part of your decluttering plan.

Tip 8. Create Home Functions and Routine to Keep Up the Good Work

When designing new laundries, I recommend having a big drawer, or even better, a drawer with removable hamper, for the charity drop off. As you encounter items in your home that you don't use any more, they can go there. If you can't build this in, then a dedicated and labelled plastic tub will also work.



Image source: <https://www.hafelehome.com.au/collections/laundry/products/laundry-carrier-45>

The box can be dropped off when full or become part of your weekly routine. For example, if you live in Canberra, there is a Salvation Army drop-off point nearby the Fyshwick food markets so combining the drop off with your weekly shopping will help keep clutter at bay.

Tip 9. Create systems to avoid future clutter

If you're wary of future clutter making its way into the house, there are a few options open to you. You could politely ask friends and family not to gift you any household items (so you are in control of what comes in and guilt-free about it). Or, you could make a rule that for every item that enters your home, another has to leave.

This can help you keep a balance, be mindful of your space, and keep your journey home the liberating, completely satisfying retreat you dream it can be.

Good luck!

A FEW MORE RESOURCES TO HELP

NADINE'S DESIGN ORGANISER

Below are my recommended resources, to help you organise your selections and present them professionally (and clearly) to your builder. I know they work, because I use them myself. The first resource is my Build Project Design Organiser, which prompts you to make design selections you didn't even know you needed to make. On completion, you have clear documentation you can present with confidence to your builder! Perfect for a DIY designer, to give it you some structure.

[BUY THE DESIGN ORGANISER HERE](#)



DESIGNER FOR A DAY

Looking for One-On-One support?

When you book our Designer for a Day service, you get one-on-one design and decoration advice with an experienced interior designer for a VIP shopping day for your construction project. Includes lunch.

bonus - OUR GIFT TO YOU

You will also receive Nadine's Design Organiser (detailed above), which will help you document your project's selections like a professional – and tell your builder EXACTLY how to meet your design goals!



[BOOK DESIGNER FOR A DAY](#)

If you have any questions at all or feel stuck, I am more than happy to chat with you. Our 15-minute complimentary chat is always available to you...

Book

your 15 minute call [here](#).

Until that day, I wish you courage, confidence, and the best of luck with your project!

Warmly,

Nadine Neilson

Interior Designer | Owner





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