

# How to Jump Start Your Spring Cleaning & Clearing

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## How to Make Your Spring Cleaning/Decluttering “Session” a Success:

- ✓ If it will be more enjoyable, enlist a supportive friend/family member (or, at least your favorite music to listen to!)
- ✓ Get your space, yourself, (and if applicable, your family), “ready”
- ✓ Take “before” pictures before starting (and, of course, “after” pictures too!)
- ✓ Decide how much time to allot for your session. Suggestion: 30 minutes to 2 hours is a “healthy” length of time (prevents burn-out); using a timer can be helpful and even fun.
- ✓ Work at your OWN pace, not at someone else’s
- ✓ Anticipate that the process will probably take longer and be more “challenging” than you originally thought; thus, try to simplify your expectations
- ✓ Choose a small project at first, moving gradually into mid-size and larger projects
- ✓ Break big projects down into small “chunks,” both *time-wise* and *task-wise*
- ✓ Take items you no longer want to your local charity *immediately* after your project or ask your friend to do this for you or arrange for a charity to pick-up the items the same day or very next day at the latest
- ✓ Every item in your house should have a “home” and should serve a purpose. Plan on making these decisions if you are going to keep something.
- ✓ Questions to ask yourself when sorting things (taken from Karen Kingston):
  1. Does it lift my energy when I think about it or look at it?
  2. Do I absolutely love it?
  3. Is it genuinely useful?
- ✓ The following system of (4-5) boxes can be useful:
  1. a TRASH box (a bag or trashcan works too)
  2. a REPAIRS box—be realistic if you will “actually” get this done and set a time limit for yourself to get these items repaired

3. a RECYCLING box—for recyclables, gifts, charities, items to return &/or sell
  4. a “TRANSIT” box—items that haven’t yet found a “home” in your house—make sure you walk around the house at the end of your session to empty your box. If you still have to “make room” for some items, you may need to leave things in the box until your next session. Not the “ideal,” but sometimes necessary.
  5. Until you strengthen your “clutter clearing muscles, you may want a:  
DILEMMA box—if you really can’t decide to keep or let go of an item just yet. Again, give yourself a time limit to re-review this box or start with this box at the beginning of your next session.
- ✓ Enjoy/celebrate your new space, energy, and lightness! *You DID it!* Be sure to include your friend/family member too! 😊